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Food, Page 1C


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Granite City Journal

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BROOKLYN • GRANITE CITY • MADISON • MITCHELL • PONTOON BEACH • VENICE

VOLUME 21, NUMBER 27

WEDNESDAY, APRIL 2, 1997

FIFTY CENTS

Track 'on schedule'

Raceway work to be completed by May 1

By Michelle Duell
Staff writer

Construction of the new oval track at Gateway International Raceway in Madison is "right on schedule," a spokesman for the raceway said Monday.

"The raceway will be ready on May 1," press officer Pete Wickham of Memphis said. "We are on course right now, working on the pit and the road areas."

The completion date of the oval track was pushed up last October by two months to accommodate a major motor sports event on Memorial Day weekend — the PPG IndyCar World Series — which includes a May 24 race at Gateway. The event is one of 17 races in the series, which includes oval tracks,

road courses and street races in the United States, Australia and Brazil.

The IndyCar race is the second major event of 1997 that was announced for the renovated raceway. The first was the Craftsman Nationals, a part of the Winston Drag Racing Series, scheduled to be held June 26 through 29.

Officials from both IndyCar and Gateway have said the IndyCar race is a major event and a major commitment to motor racing in the St. Louis area.

The oval track will have about 45,000 permanent and temporary seats when completed, Gateway officials said. That number can eventually be expanded to about 85,000 seats.

The oval track also is expected to

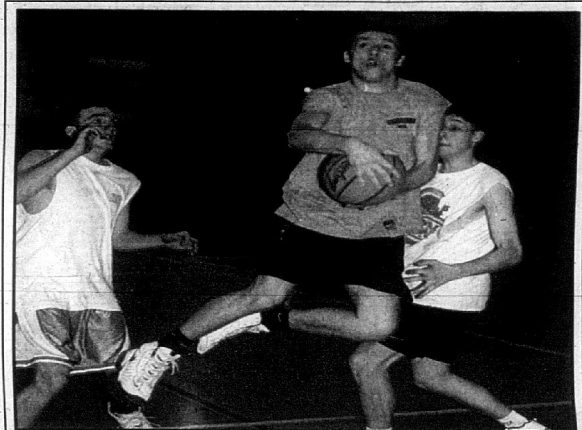
draw about half a million people to the events — more than those who attend the Rams football games.

In addition to the 45,000 seats, there also will be 30 suites and a variety of hospitality areas.

The oval track is part of a \$25-million renovation and expansion project that includes a new quarter-mile drag strip, which is now in use and a 1.6-mile road course.

If completed on time, the raceway will be almost six months ahead of the original schedule.

In February, the Grand Prix Association of Long Beach, Calif., announced that it had signed a three-year agreement with CBS to broadcast from Gateway the NASCAR Busch Series, Grand National Division race on July 26.



Heart healthy — Kevin Elliot drives in for a lay-up as opponents Timmy Wallace, left, and Jeff Hayden, right, watch. The Granite City High School students took part in a three-on-three basketball tournament, "Hoops for Heart." The tournament to benefit the American Heart Association was organized by the school's Win with Wellness program. More photos Page 3A.

1997 Women of Achievement are named

Ten outstanding women have been chosen as the 1997 Women of Achievement.

The Suburban Journals and KMOX-AM (1120) announced the selection of this year's honorees, who come from all walks of life. These dedicated women who have enhanced the quality of life for those in the St. Louis area join 411 other

Women of Achievement who have been honored since the program began in 1955.

The 1997 Women of Achievement are:

Mary Carol Archie, community health care; Ruth A. Bryant, civic preservation; Judy Smith Champ, cultural enrichment; Jane Freund Harris, creative philanthropy; Saun-

dra Hudson, education; Linda Jean Schroeder, community betterment; Glenn Johnson Sheffield, community service; Terri Shores, humanitarian concerns; Lucille M. Stehman, historic preservation; and Nancy A. Vonderberg, social responsibility.

This issue of the Journal features a full page that outlines the achievements of this year's honorees.

Straight-ticket voting eliminated

Madison County voters were choosing from among 638 candidates for local offices in Tuesday's election, including mayoral races in both Granite City and Madison. But one thing they were not being allowed to do was make a single choice for a straight-ticket vote.

County Clerk Debbie Saltich said a new wrinkle this year forced voters supporting candidates from one "slate" to vote for each person separately.

Saltich said the new state ban on straight-ticket voting also applies to local races, spelling an end to voting for a slate of candidates.

"Believe it or not, we've had a number of candidates calling about that," Saltich said. "People have filed as party slates in several municipalities and townships, but voters can't vote for them all in one sweep."

Saltich said Friday that the election promises to attract a large turnout, if absentee ballots are any indication.

See Thursday's
Press-Record for all
the local election
results

Radio station owners upbeat

By Michelle Duell
Staff writer

Two Granite City lawyers who represent three of KTRS-AM Talk Radio's talents, Wendy Wieser, Bill Wilkerson and Ozzie Smith, are also part owners of the new news-talk radio station.

Lawyers Mark Goldenberg and John Hopkins were asked to join the ownership team after they helped put together the operation for Tim Dorsey, chairman of the investment group CH Holdings and president and chief executive of KTRS and WIBV radio.

"We were offered to buy in at the ground level," Hopkins said. "Each initial investor invested \$100,000."

"This is clearly an investment in people," Goldenberg said, confident that the station, which features many former KMOX talk radio talents, will succeed in the plan to compete against KMOX. "It's KMOX in a different location in a way."

"It was an investment for us," Hopkins said. "We're not really into the operating of the station, except for an 'Ask the Lawyer' program that we may be on."

The list of CH Holdings investors in the new station also includes: actor John Goodman; former Blues Chairman Mike Shanahan; former St. Louis Cardinals' shortstop Ozzie Smith; James Wand, senior vice president of



Granite City attorneys Mark Goldenberg and John Hopkins.

Continental Cablevision; Bill Frisella, co-owner of Metro Lighting; Tom Mullen and Bob Lensen, co-owners of Napoli Foodservice Sales; Gordon Gundaker and Don Williams of Gundaker Realtors; house builder Bob Jones; Paul Lorenzini, chairman of Bunzl International; Greg Maracek, president of Spirit Sports;

Mark Dorsey, vice president of KTRS-WIBV; Arthur Loomstein, president of Centerco Properties; and Chris Kirchoff, vice president of Sports & Fitness Management Corp. Dorsey, a former cable advertising executive, formed the investment group.

Both Goldenberg and

Hopkins said they expect the radio station to succeed. "Well, we certainly hope so," Hopkins said. "A radio station is only as good as its talent."

And talent it has. The station with the strongest daytime signal in the St. Louis area — exceeding (See STATION, Page 4A)

In the Journal

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5 FULLER'S FORECAST
John Fuller, Meteorologist, KSDK-NewsChannel 5

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Proposal would allow judges to decide on voting rights

Orrill, who was seeking re-election to

guardian or have been judged incompetent.


country in the next few years," said the resident, who listened to information about the presidential candidates before voting.

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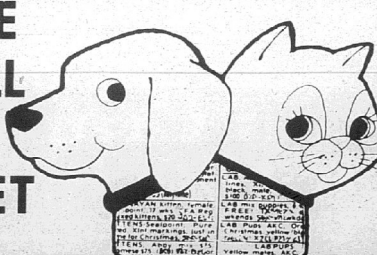
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Police said Long was a suspect in the sandwich shop robbery during the bank robbery investigation.

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
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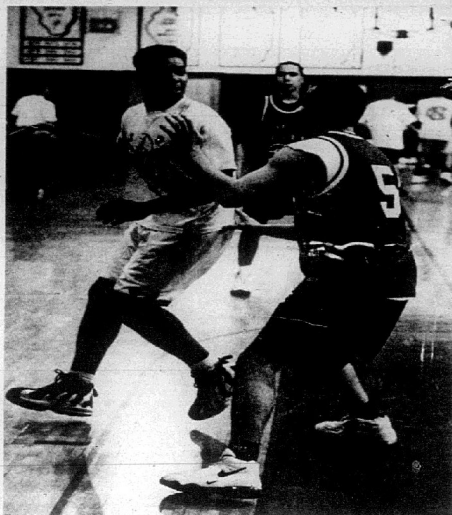
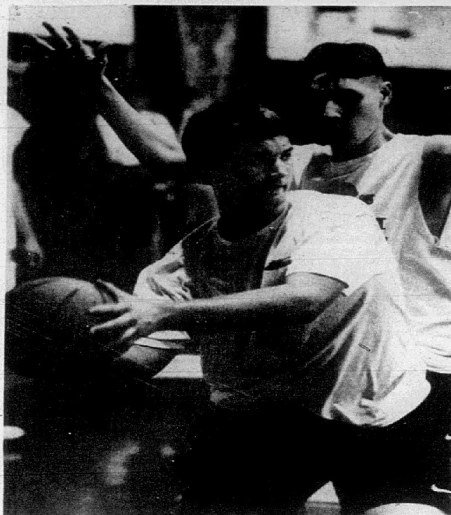


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NEWS

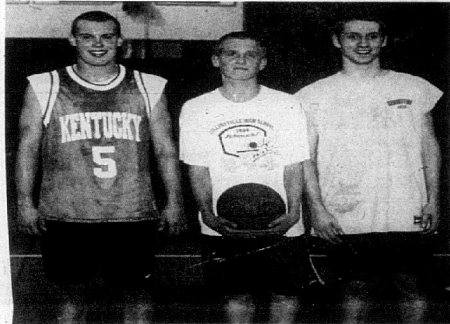


(Staff photos by JOHN FRESE)



Hoops for Heart...

Above left, Justin Peters, with the ball, looks to pass as Jeff Hoenig presses in on defense during the Hoops for Heart tournament at Granite City High School. The tournament to benefit the American Heart Association was organized by the school's Win with Wellness program. Above center, Mike Posey, left, looks toward the basket, guarded by Jeff Hayden. Above right, Zach May takes a shot over Mike Posey while teammate Jeff Hayden watches at right. At left, Kevin Elliot moves in to defend against a possible shot from Jonathon Burnatt in the title match. At right, the winners of the three-on-three tournament were Jeff Hayden, Zach May and Kevin Elliot. Their team name was Westside Connection, and they edged out the Westside Players for the title.



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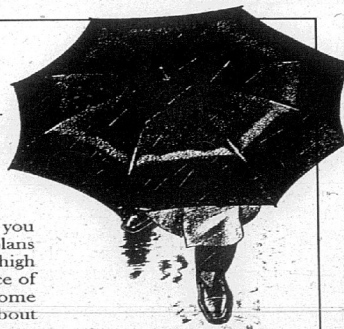
Honor your parents or friends or relive your own memories by placing a special tribute in this special section. The deadline is Monday, April 21, and the price is the year the couple was wed. For example: If you were married in 1933, the cost of the ad would be \$19.33. To submit your tribute, complete the form below, include photograph & payment and mail to Suburban Journal, 1714 Deer Tracks Trail, St. Louis, MO 63131. Please put your name and address on the back of the photos so that we may return them. If you have any questions, please call us at (314) 966-FAST (3278).

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NEWS

OBITUARIES

Arthur, Ray J.
RAY J. ARTHUR, 74, of Granite City died Monday, March 31, 1997, at his residence following a four-year illness. He was born Sept. 15, 1922, in Rollo, Mo.

Mr. Arthur retired in 1960 after 45 years as a truck driver for National Food Stores. He was a member of First Baptist Church in Granite City and a U.S. Army World War II veteran.

Survivors include his wife, Frances (Gillmore) Arthur, two sons, Raymond and Jeffrey Arthur, both of Granite City; three daughters, Diana Miller, Linda Austin and Nancy Reatoff; eight grandchildren and six great-grandchildren.

He was preceded in death by his parents, Roy and Emma (Ray) Arthur.

Services are scheduled for 10 a.m. today, Wednesday, at Werner Chapel, 3939 Lake Drive, Pontoon Beach, with the Rev. David Tyler officiating. Burial will be at Sunset Hills Cemetery in Glen Carbon.

Memorials are suggested to Second Baptist Church, Building Fund, 2100 Illinois Avenue, Granite City.

Moore-Mattingly, Mary
MARY (GRIPPO) MOORE-MATTINGLY, 86, of Granite City died at 9 p.m. Saturday, March 29, 1997, at Cardinal Glennon Children's Hospital in St. Louis following a sudden illness. She was born June 10, 1910, in St. Louis.

Mrs. Mattingly worked at the Small Arms Defense Factory in St. Louis during the war and also Sunshine Drapery in St. Louis.

Survivors include one son, Don J. Moore of Granite City; one daughter, Barb Wyatt-Yuot of Granite City; eleven grandchildren and ten great-grandchildren.

She was preceded in death by her husband, Virgil J. Mattingly, whom she married in July 1950, and who died Jan. 14, 1976; one son, Edward J. Moore, her parents, Rocco and Maria Grippo; and one grandson.

Services are scheduled for 9 a.m. today, Wednesday, at Werner Chapel, 3939 Lake Drive, Pontoon Beach, with the Rev. David Tyler officiating. Burial will be at Sunset Hills Cemetery in Glen Carbon.

Memorials are suggested to Second Baptist Church, Building Fund, 2100 Illinois Avenue, Granite City.

Barnes, Rebecca Faith
REBECCA FAITH BARNES, 8 months, of Granite City died at 8:28 p.m. Saturday, March 29, 1997, at Cardinal Glennon Children's Hospital in St. Louis following a sudden illness. She was born July 12, 1996, in Wood River.

Survivors include her parents, Michael and Angela (Tisdale) Barnes; maternal grandparents, Michael and Nancy Barnes of Granite City; paternal grandparents, John and Glenda Tisdale of Granite City; paternal great-grandmother, Millie Sherman of Granite City.

She was preceded in death by grandparents, John Sherman, Virgil Burrows, Alvin T. Barnes and Ruth Adkins.

Services were held Tuesday, April 1, at Werner Chapel for Funerals, 3939 Lake Drive, Pontoon Beach, with the Rev. Henry Clippel officiating. Burial was at Holy Cross Cemetery.

Anderson, Victor G.
VICTOR G. ANDERSON, 81, of Granite City died at 10:20 a.m. Monday, March 31, 1997, at St. Elizabeth Medical Center in Granite City. He was born July 29, 1915, in America, Kan.

Mr. Anderson graduated from Emporia State University in 1937; taught in the school in Wakefield, Kan. from 1937 to 1942; and in the U.S. Air Force during World War II from 1942 to 1946.

He was employed by the Federal Department of Justice from 1946 to 1954; taught business education at Granite City High School from 1954 to 1958; served as a controller for Granite City School District for 17 years from 1958 to 1975; and was a member of the National School Business Officials Association and United Presbyterian Church (formerly Nameoki United Presbyterian) since 1952, where he served as an elder.

Survivors include his wife, Louise (Westbrook) Anderson, whom he married Nov. 19, 1945; one son, Stephen Craig Anderson of Granite City; and one daughter, Marjorie K. Findy of McLean, Va.

He was preceded in death by his parents, Herbert and V.V. (Wright) Anderson.

Visitation will be from 5-8 p.m. today, Wednesday, at Irwin Chapel, 3960 Maryville Road. Services are scheduled for 11 a.m. Thursday, April 3, at the United Presbyterian Church with the Rev. Dr. Len Trotter officiating. Burial will be at Sunset Hill Memorial Estates in Glen Carbon.

Memorials are suggested to the United Presbyterian Church, 1700 Pontoon Road, Granite City.

Greer, Christopher Edward
CHRISTOPHER EDWARD GREER, 29, of Mitchell died at 3:57 p.m. Sunday, March 29, 1997, at his residence. He was born Feb. 6, 1968, in Granite City.

Mr. Greer, a U.S. Army Reserve and Marine veteran, was employed as a demolition man.

Survivors include his parents, Robert and Judy (Boyer) Greer; and one sister, Mari Barnes of Granite City.

A private family service was held with the Rev. Ron Zankus officiating.

Arrangements were handled by

• **Station**
(Continued from Page 1A)

63,000 square miles, which is almost 12 percent greater than its closest St. Louis competitor — features Bill Wilkerson, Wendy Wiese, Chuck Neff, Joan Beckman, Trish McCoy-Tobin, Matt Murphy, Tom Calhoun, Amy Chase, Charlie Teague, Buzz Carlson and Mike Thompson on its news team.

The station also features complete news reports at the top of every hour and national and international coverage from ABC News, according to the station profile.

Entertaining personalities include Wiese, Wilkerson, John Carney, Kevin Horgan, Paul Schenkman, Dianna Proffitt, Debbi Allen and "Mr. Trivia," David Straus.

Its sports talent includes Sports Director Jim Holder; Jeff Gordon, Rick Hummel and Jim Thomas of the St. Louis Post-Dispatch; Channel 4's Doug Vaughn; Fox's sports anchor, Manager Whitey Herzog; Dan McLaughlin, John Kelly, Tom Casey, Jim Compton and sports producer John Cooper.

The station also will be the radio home of the University of Missouri football and basketball Tiggers.

Buzz Carlson gives the traffic reports, and Dave Schumacher keeps the region up-to-date on agribusiness news, developments and latest market reports.

"KTRS is still operating out of Belleville, but the plan is to have a separate facility in West Port Plaza," Hopkins said.

Infant dies from meningitis
By Bob Slate
Staff writer

An 8-month-old Granite City girl died Saturday from bacterial meningitis.

Rebecca Faith Barnes, of the Kirkpatrick Homes housing complex, died at about 8:30 p.m. Saturday at Cardinal Glennon Children's Hospital in St. Louis. She is the third victim of meningitis in the St. Louis area in the past week.

Family members said Rebecca seemed normal on Friday, but took her to St. Elizabeth Medical Center on Saturday morning when she began running a fever and later experienced seizures.

Rebecca was transferred to Cardinal Glennon later in the day.

Other symptoms of the disease, which attacks the central nervous and circulatory systems, include headaches, nausea and stiffness in the joints.

Rebecca's family is being treated with antibiotics. She was the only child of Mike and Angela Barnes and the grandchild of John and Glenda Tisdale and Michael and Nancy Barnes, all of Granite City.

Health officials said the three cases in the past week do not appear to be related. The disease is usually not spread through casual contact.

Werner Chapel handled Rebecca's funeral arrangements. An obituary appears elsewhere on this page.

Meeting set on Clark group
An informational meeting about the activities and background of the Gen. George Rogers Clark Chapter, Sons of the American Revolution, will be held at 7 p.m. Thursday, April 3, in the Community Room at Mark Twain Bank, St. Louis and Buchanan, Edwardsville.

The session is for new members and the public. Present and past chapter officers Joseph H. Hill, Charles Schweizer and Charles James III will serve as a panel to discuss the chapter and answer questions.

The chapter, formed in 1985, now has 66 members, most of whom are present or former residents of Madison County. Each year it sponsors a number of activities emphasizing patriotism and awareness of history.

For more information, call Charles Burgess at 231-3720.

Program set on migraines
St. Elizabeth's Hospital in Belleville is sponsoring a free program on migraine headaches at 7 p.m. Tuesday, April 8.

The program will be presented by Stephen Burger, a neurologist in private practice in Belleville and a member of the medical staff of St. Elizabeth's. Burger's talk will cover the causes of headaches and migraines, the different types of headaches, and the treatments that are currently being recommended.

Migraine headaches affect women much more often than men.

Registration is requested and can be made by calling, 234-2120, extension 1575.

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Survivors include his wife, Frances (Gillmore) Arthur, two sons, Raymond and Jeffrey Arthur, both of Granite City; three daughters, Diana Miller, Linda Austin and Nancy Reatoff; eight grandchildren and six great-grandchildren.

He was preceded in death by his parents, Roy and Emma (Ray) Arthur.

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Survivors include her parents, Michael and Angela (Tisdale) Barnes; maternal grandparents, Michael and Nancy Barnes of Granite City; paternal grandparents, John and Glenda Tisdale of Granite City; paternal great-grandmother, Millie Sherman of Granite City.

She was preceded in death by grandparents, John Sherman, Virgil Burrows, Alvin T. Barnes and Ruth Adkins.

Services were held Tuesday, April 1, at Werner Chapel for Funerals, 3939 Lake Drive, Pontoon Beach, with the Rev. Henry Clippel officiating. Burial was at Holy Cross Cemetery.

Anderson, Victor G.
VICTOR G. ANDERSON, 81, of Granite City died at 10:20 a.m. Monday, March 31, 1997, at St. Elizabeth Medical Center in Granite City. He was born July 29, 1915, in America, Kan.

Mr. Anderson graduated from Emporia State University in 1937; taught in the school in Wakefield, Kan. from 1937 to 1942; and in the U.S. Air Force during World War II from 1942 to 1946.

He was employed by the Federal Department of Justice from 1946 to 1954; taught business education at Granite City High School from 1954 to 1958; served as a controller for Granite City School District for 17 years from 1958 to 1975; and was a member of the National School Business Officials Association and United Presbyterian Church (formerly Nameoki United Presbyterian) since 1952, where he served as an elder.

Survivors include his wife, Louise (Westbrook) Anderson, whom he married Nov. 19, 1945; one son, Stephen Craig Anderson of Granite City; and one daughter, Marjorie K. Findy of McLean, Va.

He was preceded in death by his parents, Herbert and V.V. (Wright) Anderson.

Visitation will be from 5-8 p.m. today, Wednesday, at Irwin Chapel, 3960 Maryville Road. Services are scheduled for 11 a.m. Thursday, April 3, at the United Presbyterian Church with the Rev. Dr. Len Trotter officiating. Burial will be at Sunset Hill Memorial Estates in Glen Carbon.

Memorials are suggested to the United Presbyterian Church, 1700 Pontoon Road, Granite City.

Greer, Christopher Edward
CHRISTOPHER EDWARD GREER, 29, of Mitchell died at 3:57 p.m. Sunday, March 29, 1997, at his residence. He was born Feb. 6, 1968, in Granite City.

Mr. Greer, a U.S. Army Reserve and Marine veteran, was employed as a demolition man.

Survivors include his parents, Robert and Judy (Boyer) Greer; and one sister, Mari Barnes of Granite City.

A private family service was held with the Rev. Ron Zankus officiating.

Arrangements were handled by

• **Station**
(Continued from Page 1A)

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The station also will be the radio home of the University of Missouri football and basketball Tiggers.

Buzz Carlson gives the traffic reports, and Dave Schumacher keeps the region up-to-date on agribusiness news, developments and latest market reports.

"KTRS is still operating out of Belleville, but the plan is to have a separate facility in West Port Plaza," Hopkins said.

Infant dies from meningitis
By Bob Slate
Staff writer

An 8-month-old Granite City girl died Saturday from bacterial meningitis.

Rebecca Faith Barnes, of the Kirkpatrick Homes housing complex, died at about 8:30 p.m. Saturday at Cardinal Glennon Children's Hospital in St. Louis. She is the third victim of meningitis in the St. Louis area in the past week.

Family members said Rebecca seemed normal on Friday, but took her to St. Elizabeth Medical Center on Saturday morning when she began running a fever and later experienced seizures.

Rebecca was transferred to Cardinal Glennon later in the day.

Other symptoms of the disease, which attacks the central nervous and circulatory systems, include headaches, nausea and stiffness in the joints.

Rebecca's family is being treated with antibiotics. She was the only child of Mike and Angela Barnes and the grandchild of John and Glenda Tisdale and Michael and Nancy Barnes, all of Granite City.

Health officials said the three cases in the past week do not appear to be related. The disease is usually not spread through casual contact.

Werner Chapel handled Rebecca's funeral arrangements. An obituary appears elsewhere on this page.

Meeting set on Clark group
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The session is for new members and the public. Present and past chapter officers Joseph H. Hill, Charles Schweizer and Charles James III will serve as a panel to discuss the chapter and answer questions.

The chapter, formed in 1985, now has 66 members, most of whom are present or former residents of Madison County. Each year it sponsors a number of activities emphasizing patriotism and awareness of history.

For more information, call Charles Burgess at 231-3720.

Program set on migraines
St. Elizabeth's Hospital in Belleville is sponsoring a free program on migraine headaches at 7 p.m. Tuesday, April 8.

The program will be presented by Stephen Burger, a neurologist in private practice in Belleville and a member of the medical staff of St. Elizabeth's. Burger's talk will cover the causes of headaches and migraines, the different types of headaches, and the treatments that are currently being recommended.

Migraine headaches affect women much more often than men.

Registration is requested and can be made by calling, 234-2120, extension 1575.

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• **Station**
(Continued from Page 1A)

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NEWS

Engineering building in legislation

The long-awaited Engineering Building at Southern Illinois University at Edwardsville is one of several public works measures included in a bond authorization bill recently approved by the Illinois Legislature.

When signed by Gov. Jim Edgar, the bill authorizes the Capital Development Board to proceed with issuance of \$659 million in bonds to finance construction of projects for higher education, mental health, mass transit, environmental clean-up, and prisons throughout the state.

The SIUE project, slated to receive \$21.3 million, has been in various planning stages for nearly 10 years.

The School of Engineering, with more than 700 majors, outgrew space available in the Science Building in 1991 and began leasing space in University Park, occupying about two-thirds of the first major building in the park. Harlan Bengtson, professor of civil engineering and former director of the SIUE Environmental Resources Training Center, has been dean of the school since July 1994.

When completed, the new, three-story facility with 97,000 square feet of usable space, will house all departments of the school, including electrical, civil, construction, mechanical, and industrial engineering and the department of computer science.

The project is expected to go out for bids this spring and construction could be under way this summer, with completion in approximately two years later.

The building will be located north of the new Art and Design Building on the west side of the campus core. Parking Lot E, west of the Communications Building, will be expanded to accommodate parking for all the buildings in that area, with a new access road connecting Circle Drive.

Calendar

(Continued from Page 5A)

ALATEEN AND PREALATEEN PROGRAM for 12 to 17 age group, and prelateen for seven to 11 year age group, meets at 8 p.m. every Tuesday at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. every Tuesday at the King's House on North 8th Street in Belleville. For more information, call 234-0291.

NARCOTICS ANONYMOUS, Path to Recovery, 8 p.m. every Tuesday, 2018 Delmar Ave., 24-hour hot-line 388-9406.

Veteran Services

DISABLED AMERICAN VETERANS CHAPTER 53 will offer a service officer from 1 to 3 p.m. every Wednesday at the Tri-City Veterans Home, located at 1417 19th St. in Granite City. Call 876-7816 for more information.

DISABLED AMERICAN VETERANS CHAPTER 53 AUXILIARY, 1417 19th St., Granite City, 876-7816, 8 p.m., first and third Monday of each month.

Other

EAGLES AUXILIARY 1128 BINGO, 1 p.m. every Sunday at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffles.

GATEWAY SOUNDS CHORUS, 7:30 p.m. every Tuesday at the Collinsville Senior Citizen Center, 420 E. Main, Collinsville. For more information, call Joyce Greiner at 388-6653.

Are you tired of feeling alone and confused while you struggle through your divorce process? **SECOND CHAPTER** can make a positive difference in working through the issues. A 14-week course, begins April 19. For more information, call (314) 781-0618.

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\$6 SALE
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4 for \$7 SALE
COLGATE TOOTH PASTE OR TOOTHBRUSH. 3.2-oz. super-size paste or Total toothbrush.

2 for \$8 SALE
ALL BRAND 42-LOAD
LAUNDRY DETERGENT.

\$10 SALE
PEPCID AC 50-CT. For relief of heartburn and acid indigestion.

Coupon Valid 4/2-4/5/97
Take \$10 OFF
ANY SINGLE UPRIGHT VACUUM.
Not valid on steam cleaners, hand vacs, broom vacs or wet/dry vacs. Must present at register for discount. Limit 1 coupon per customer. Not valid with any other offer. While quantities last. Coupon valid 4/2-4/5/97.
Venture 4-Day Coupon

\$3 SPECIAL PURCHASE
16-PC. STORAGE JAR SET.

\$7 SALE
MEN'S FRUIT OF THE LOOM 2-PK. FASHION BOXERS. Men's S-XL. Men's 2-pk. extended leg briefs, S-XL, sale \$5.

\$11 SALE
KIDS' CHARACTER ATHLETIC SHOE. 101 Dalmatians, Space Jam or Toy Story styles. Reg. 12.99-16.99. 30% off all other kids' character athletic shoes, sale 6.99-11.99.

\$12 SALE
WORKIN' OUT BARBIE OR TERESA. Includes dumbbells, water bottle and a workout cassette so kids can play along.

\$39 SALE
60" POLISHED BRASS SWING ARM FLOOR LAMP. With Bonus table touch lamp, tree, horse or toad. 15% off entire stock of floor lamps, sale 22.94-127.48.

4.46 ONLY
LADIES' FRUIT OF THE LOOM 6-PAIR CREW SOCKS. White or fashion colors. Sizes 9-11.

\$5 SALE
BOYS' 8-20 TEAM TEE. Reg. 6.99. 25% off all other boys' 8-20 team apparel, sale \$5-\$26. Boys' 4-7, sale \$5-\$22.

\$20 SALE
MISSIES' LINEN-LOOK JACKET. Reg. 29.99. 33% off entire stock misses' petites' and women's dresses and coordinates. Reg. 17.99-49.99, sale 11.87-33.47.

\$19 SALE
LENOXX 3-PC. AM/FM CASSETTE STEREO. Reg. 34.99. 3-band equalizer, detachable speakers. Entire stock boom boxes, sale 10.44-113.99. Model CT-708.

\$89 SALE
GLIDE TONER/AB MAX COMBO. Reg. 99.99. 2 machines, 1 great price. Model QTAM-1.

\$4 SALE
MTO™ MEN'S BASIC TEE SHIRT. Reg. 6.99. Choose from a variety of colors. 100% cotton. M-XL.

\$10 SALE
MEN'S NOVELTY TEE. Reg. 12.99. M-XL. 25% off all other novelty tees, sale 7.99-13.59. Big Men's novelty tees, sale 11.24.

\$22 SALE
WOVEN VINYL HANDBAG. 25% off all other vinyl handbags, sale 3.74-22.49.

\$20 SALE
72" HELIX HALOGEN TORCHIERE LAMP. Reg. 34.99. High-low switch. In taupe or black. 15% off entire stock of halogen lamps, sale 12.74-38.24.

\$180 SALE
HUFFY TUFF SHOT PORTABLE BACKBOARD. Reg. 229.99. Model 91605.

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CHROMATICS SOLID COLOR BED RUFFLES. Now \$4-\$8.

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Juvenile sheets • Bedding ensembles • Comforters • Feather beds
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Clearance merchandise is indicated by original and now pricing. The now price above is your final cost. Intermediate markdowns may have been taken. Prices valid while quantities last. Styles vary by store. No rain checks. 14-day Price Guarantee does not apply to clearance merchandise.

Like These, Wed.-Sat., April 2nd-5th!

<p>SALE</p> <p>\$1</p> <p>YOUR CHOICE HOUSEHOLD BASICS. Auto Vanish 12-oz. bowl cleaner, Puffs 9- to 13-gal. trash bags, Palmolive 14.7-oz. Ultra dish detergent, Arm & Hammer 21-oz. carpet & room deodorizer, Clorox 1-gal. bleach, Lysol 16-oz. bowl cleaner, Faultless 22-oz. spray starch or Joy 22-oz. dish detergent.</p>		<p>\$1 SALE</p> <p>SNACKS: 7.75- to 8-oz. Chex Mix, 5- to 6-oz. Bugles or 10-oz. Act II caramel popcorn.</p>	<p>\$1 SALE</p> <p>PRINGLES OR CRUNCH 'N MUNCH. Assorted 7-oz. Pringles or 7.5- to 10-oz. Crunch 'N Munch in three flavors.</p>
<p>\$1 SPECIAL PURCHASE</p> <p>YOUR CHOICE: 6 assorted porcelain planters, picnic packs or 2 fly swatters. Price valid through 4/12.</p>	<p>\$1 SPECIAL PURCHASE</p> <p>YOUR CHOICE: Toothbrushes with flosser picks, hair claw clips or organizer bag.</p>	<p>\$1 SALE</p> <p>GATORADE 32-oz. DRINK. Choose from a variety of great flavors.</p>	<p>\$1 SPECIAL PURCHASE</p> <p>YOUR CHOICE: Measuring cups, 2-pk. knives or 200 toothpicks. Price valid through 4/12.</p>
<p>\$2 SPECIAL PURCHASE</p> <p>YOUR CHOICE: 3 picnic tablecloths, 6-pk. bag clips, corn cob pegs/spreader or grass mat. Price valid through 4/12.</p>	<p>\$2 SPECIAL PURCHASE</p> <p>YOUR CHOICE: 2-pk. sealing tape, 3-pk. stationery set, 4-pk. stick-on notes or pens/pencils/eraser set.</p>	<p>\$2 SPECIAL PURCHASE</p> <p>YOUR CHOICE: 4 packages of 8 crayons, jumbo sidewalk chalk, goggles or 3 water guns. Price valid through 4/12.</p>	<p>\$1 SPECIAL PURCHASE</p> <p>YOUR CHOICE: 16-ct. outlet plugs, plastic hooks, fasteners or tape assortment. Price valid through 4/12.</p>
<p>\$2 SPECIAL PURCHASE</p> <p>YOUR CHOICE: 14 disposable latex gloves, 3-pc. basket set, 3-pc. gloves, revolving organizers or coupon organizer with cutter.</p>	<p>\$2 SPECIAL PURCHASE</p> <p>YOUR CHOICE: Assorted hand tools. Not available in Harborside Dept. Price valid through 4/12.</p>	<p>\$2 SPECIAL PURCHASE</p> <p>YOUR CHOICE: Playing cards, mini cards and 6 dice, 12 fine and 6 broad markers, dog chews or multi-pack cassette tapes.</p>	<p>\$2 SPECIAL PURCHASE</p> <p>YOUR CHOICE: Stapler with staples; 2-pk. scissors or stationery pack. Price valid through 4/12.</p>
<p>\$2 SPECIAL PURCHASE</p> <p>YOUR CHOICE: Multi-chairs and retractable knife, 2-pk. army knives or 2 padlocks.</p>	<p>\$2 SPECIAL PURCHASE</p> <p>YOUR CHOICE: Travel kit, 3-tissue packs with holders or 2 mirrors with case.</p>	<p>3 for \$2 SALE</p> <p>WET 'N WILD UP OR NAIL COLOR. 15% off other Wet 'N Wild and Sole Plaza TI cosmetics.</p>	<p>\$2 SALE</p> <p>LADIES' COTTON OR SATIN PANTIES. Reg. 2.99. Solids or prints. Sizes 5-7.</p>

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NEWS

Work set to begin at center

ALTON — U.S. Rep. Jerry Costello will turn the first shovel of dirt Saturday to break ground for the new visitors center at Melvin Price Locks and Dam.

"It's been a long, uphill battle to build the visitors center in Alton, and now it will be a reality," said Costello, who saved the visitors center project from federal budget cuts.

Costello and Mayor Bob Towse will head a list of dignitaries for the gala groundbreaking at 10 a.m. near the dam, just off Illinois Route 143.

The 12,000-square-foot center may attract 500,000 visitors a year to see a panorama of exhibits about life along the Mississippi River, officials said.

"The visitors center will showcase Alton to the nation," Towse said. "Tourists who visit the center will spend dollars in Alton, at our shops, restaurants and historic sites."

J.J. Wuelner and Sons Inc. of Godfrey won the contract to build the center on a low bid of \$3.4 million.

"We're moving equipment on the site to start construction," said Scott Darr, co-owner of Wuelner. "We're shooting for March of 1998 to complete construction."

The center is expected to be a boon to tourism in the River Bend, said Don Miller, president of the River Bend Growth Association.

"The Growth Association is working with the Army Corps of Engineers to attract money from private industry in the Midwest to build special exhibits in the center," he said.

The center will display the history of the Mississippi River, with its natural beauty, riverboat commerce and recreation, Miller said.

Costello saved the project in 1996 after it was threatened by federal budget cuts.

—From The Telegraph



Musical praise — Keyboardist Kevin Dobbins of Eagle Park, a member of the Morning Star Baptist Church of Brooklyn, lifts his voice in song during a recent Gospel Fest held at Belleville Area College's Granite City Campus. At right, AnnToinett Burrell, 4, of Brooklyn, left, and Tyasia Jennings, 4, of Madison, clap their hands to the music. Nearly a dozen local choirs participated in this event, which was sponsored by BAC's Minority Transfer Center.



(BAC photos by LINDA GASS BURGESS)

Airport plan funds withheld

By Mark Hodapp
Staff writer

O'Fallon has withheld funding for an area plan that will outline the land use and infrastructure issues related development around Mid-America Airport.

The City Council last week withheld its \$3,500 contribution until some zoning problems with Shiloh are resolved.

O'Fallon officials say they believe Janet Libell's two manufactured homes in the 400 block of Main Street will be located in the airport's overfly zone.

In addition, Shiloh has given Libell permission to place a third manufactured home on her property.

Shiloh Mayor Norm Acker disagreed. He said there will be no additional homes allowed on the property.

Acker's view, however, is contrary to the annexation agreement that was approved by his village board.

According to the annexation agreement:

Libell was given permission to put an additional manufactured home on her property.

Libell's property will remain zoned agricultural, unless she wants to rezone it commercial.

Libell was also issued a special building permit for her beauty shop.

Libell will also receive two additional water taps at no charge.

Libell said that for nine months she was considering joining into O'Fallon. She said she decided to do into Shiloh because the town gave her a better offer.

"My neighbor and I were going to annex into O'Fallon, but they never came to a final decision," Libell said.

About a week earlier, Libell

withdrew her proposed pre-annexation agreement with O'Fallon, said Frank Miles, O'Fallon director of administration.

Meanwhile, Woolpert project manager Scott Schanuel said work on the \$93,000 plan will proceed.

"We are shooting for the plan to be completed by April 1998," he said. "Obviously the plan can't wait much longer because the airport is going to open in October."

The study is being financed with federal funds and a 20 percent local match.

O'Fallon officials are also questioning why Shiloh has contributed only \$1,000 to the plan, while Mascoutah has contributed \$3,500.

Lebanon, \$3,500, Belleville \$3,500; and St. Clair County, \$3,600.

Talent night planned at church

Rock Foursquare Church, 2400 E. 25th Street in Granite City, will host a talent night on Saturday, April 12, from 6 p.m. to 9 p.m.

Any church interested in participating should contact pastor Kenneth Dickerson at 876-0507 or 876-8067, Sandra Lindsey at 451-4254 or Jeanette Pointer at 876-6159.

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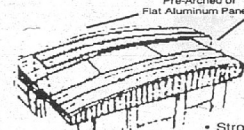
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NEWS

Exchange program seeking host families

ASSE International Student Exchange Programs is seeking local host families.

The students come from Scandinavia, France, Germany, Great Britain, Holland, Italy, Poland, Portugal, Spain, Switzerland, Czech Republic, Slovakia, Japan, Thailand, Mexico, Brazil, the Newly Independent States of the former Soviet Union, Canada, Australia and New Zealand. They are 15 to 18 years of age and coming to this area for the upcoming high school year. These personable and academically select exchange students speak English, are bright, curious and anxious to learn about this country through living as part of a family, attending high school and sharing their own culture and language with their newly adopted host family.

The students are sponsored by ASSE, a nonprofit, public benefit organization, founded by the Swedish Ministry of Education. ASSE also cooperates with the Canadian Provincial Ministries of Education and is approved by the Australian Department of Education, and the New Zealand Ministry of Education. ASSE is the only organization with these credentials. The exchange students arrive from their home country shortly before school begins and return at the end of the school year. Each ASSE student is fully insured, brings

his or her own personal spending money and expects to bear his or her share of household responsibilities, as well as being included in normal family activities and lifestyles.

The students are well screened and qualified by ASSE. Families may select the youngster of their choice from extensive student applications, family photos and biographical essays. Students and families are encouraged to begin corresponding prior to the student's arrival.

ASSE is also seeking local high school students to become ASSE exchange students abroad. Students should be between 15 and 18 years old and interested in living with a host family, attending school and learning about the lands and people of Scandinavia, France, Germany, Great Britain, Holland, Italy, Poland, Portugal, Spain, Switzerland, Czech Republic, Slovakia, Japan, Thailand, Mexico, Brazil, Canada, (French or English speaking), Australia or New Zealand. Students should have a good academic record and desire to experience another culture and language through living with a warm and giving family. Academic year and shorter term summer vacation programs are available.

For more information contact Stan and Karen Urbick at 618-346-9113, or call 1-800-736-1760.

Brotherhood buys Lutheran Trust

Lutheran Brotherhood has bought Lutheran Trust.

Lutheran Trust offers a full line of property and casualty insurance to individual Lutherans, as well as to Lutheran congregations and institutions.

It has begun marketing personal auto and homeowners plans in five Midwestern states (Minnesota, Iowa, Missouri, Illinois and Wisconsin) and expects to expand to other states in the future.

"Lutheran Trust provides an effective complement to Lutheran Brotherhood's portfolio of products and services," said Robert P. Gandrud, president and CEO of Lutheran Brotherhood.

All sales and service for Lutheran Trust will be provided directly by its centralized service center staff through its toll-free phone service (1-800-688-6063). Staff representatives can describe available coverages, provide premium quotes, and handle other service matters.

"With 15 years of experience, Lutheran Trust offers competitive rates and professional service to its clients," said Gandrud. "The opportunity to extend those benefits to more Lutherans is why Lutheran Brotherhood acquired Lutheran Trust."

Lutheran Brotherhood and its products and services continue to be represented in the Bi-State area by Pals Financial Group. Call Toll Free 1-800-OPT-PALS (678-7257).

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READ AND YOU KNOW WHO CAN RECLINE. I WOULD GET A CANOPY BED FOR MY "LITTLE PRINCESS"

Polsky is optimistic

WOOD RIVER — A year after the state pulled the plug on subsidies, developers of a proposed wood-burning energy plant in the city's Lewis and Clark EnviroTech Business Park remain optimistic.

Michael Polsky, president of Polsky Energy Corp. of Northbrook, said the Wood River project could become part of pending legislation that would reinstate subsidies for similar plants under construction in the Chicago suburbs of Robbins and Ford Heights.

Construction was about to begin on the \$113 million Wood River Energy Center when the state repealed the 1988 retail rate law subsidizing alternative power producers for turning waste into electricity.

After lengthy public hearings, the suburban Chicago company had won approval for the Wood River site and met Illinois Environmental Protection Agency requirements before Gov. Jim Edgar signed legislation ending the subsidy for all but methane gas plants at last fall.

The repeal was sparked by controversy about a \$400 million trash-burning incinerator under construction in Robbins and a similar plant in Ford Heights. Polsky said the Wood River project could benefit from several proposals before the Illinois Legislature to restore the subsidy to Robbins and Ford Heights.

"Nobody can say what form the proposed legislation will

take before it becomes final or whether anything will pass."

One House bill would restore about \$460 million to the Robbins plant and \$240 million to the incinerator in Ford Heights over 20 years.

Polsky said the Wood River plant was entitled to equal consideration.

"Just because ours didn't get built, it is not a lesser claim. We had signed all the contracts and were a few months from financial closing when the retail rate law ended," he said.

The company joined contractors and financiers in a suit filed in Madison County Circuit Court last November to set aside the rate law repeal

as unconstitutional and restore the subsidy. The courts decided in March against consolidating the case with similar actions or moving it to Cook County.

Meanwhile, the Sierra Club of Illinois continues to speak out against any law subsidizing waste incinerators in the state.

Club leaders cheered the rate law repeal last year and remain critical of legislation that would restore what they call a \$700 million handout from taxpayers.

"No other state offers these pollution subsidies, and neither should we," Lynne Padovan of the Illinois Environmental Council said.

— From The Telegraph



Members of the Granite City High School Marching Warriors Color Guard

Magical Fantasy Benefit is Thursday

The Granite City High School Marching Warriors Color Guard and the Society of American Magicians St. Louis Assemblies No. 8 are making plans for the first annual Magical Fantasy Benefit.

The event will be held at 7:30 p.m. Thursday, April 3, in the Granite City High School auditorium.

Tickets for all ages are \$6 in advance and \$8 at the door. The performers slated to appear, ranging in age from 12 to 70 years old, include a ventriloquist, an illusionist, several manipulators and a juggler. Color Guard Parents Preschoolers Trucks announced that Ronald McDonald will be a special guest. The public is invited to attend a night of good family entertainment. Tickets may be

purchased from a member of the Color Guard or by calling 931-1750.

The squad is under the direction of Tim Mason, (CHHS Marching Warrior Band director). The 1996-97 Color Guard members are Amy Moran (captain), Natasha (captain), Becca Besserman, Leah Burgess, Denise Carroll, Lyndsay Davis, Lisa Dillard, Linda Dohal, Tarra Falter, Dawn Gorth, Amanda Harris, Alicia Hartin, Jamie Jones, Jaime Mertz, Jennifer Miller, Donna Moseley, Amee Olson, Heather Passig, Kristy Pearson, Sherry Pressword, Michele Roeder, Tabitha Soechtig, Angie Thomas, Kara Trucks, Stacey Wampler and Lisa White.

The Magic Show will serve as the spring fund-raiser for the squad. Proceeds from the show will be used to offset the cost incurred by the 26 members of the Color Guard.

Eagles president to visit today

D.R. "Jim" West of Hopkinsville, Ky., Grand Worthy President of the Fraternal Order of Eagles, will visit Granite City Aerie 1126, 2558 Madison Avenue, Granite City. Members are urged to stop by for dinner at 6 p.m. Wednesday, April 2, to meet West and his wife, Linda. Wives of Aerie members and Auxiliary members are invited to attend also.

West is a charter member of Aerie No. 3423, in Hopkinsville. He served as Aerie president in 1974-75, and has served his local Aerie in all chairs except treasurer and chaplain. He went on to serve the Bluegrass State as president in 1980-81; Southeast Central Regional president in 1981-82; and served as state secretary for more than ten years. He has held many important positions at the local, state and regional levels of Eaglesdom.

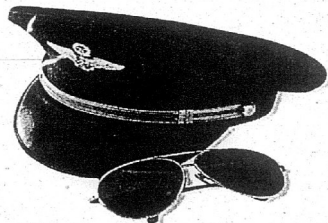
West has co-produced the telethon conducted by the Hopkinsville F.O.E. for the Sanctuary House and Child Abuse Center. From 1975-80, he co-produced the telethon for the Phelps Avenue School for Exceptional Children, sponsored by the F.O.E., until the school closed. In addition, he has had experience as regional director of the Golden Eagle Fund, Max Baer Heart Fund, and the Jimmy Durante Children's Fund.

He and his wife, Linda, have three daughters, Tracey, Lisa and Wendie; and one son, Adam. They are lifetime residents of Hopkinsville.

Milestones

Nellie and Terry Henderson will celebrate their 19th anniversary April 3.
John Lake will celebrate his 38th birthday April 4.
Jonathan Solovick will celebrate his 8th birthday April 4.
Genevieve Kirksey will celebrate her birthday April 4.

Kelly M. Kittle will celebrate her 19th birthday April 4.
Carolyn Bruce will celebrate her birthday April 4.
Jack Rice will celebrate his birthday April 4.
Jeanette Rains will celebrate her birthday April 5.



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APRIL 9: **Wills, Living Trust, and Estate Planning**

Attorney Tom Burkart, Hameil
Substituted Decision Making for the Elderly:
Durable Powers of Attorney, Living Wills, Etc.
Attorney William Sherwood, Alton

APRIL 16: **Paying & Selling a Home**

Attorney Ed McCarty, Edwardsville
Employment Discrimination and
Wrongful Discharge
Attorney John Hopkins, Granite City
Attorney Elizabeth Heller, Granite City

APRIL 23: **Understanding the Criminal Justice System**

William Haine, Madison County State's Attorney
John Rekowski, Madison County Public Defender

APRIL 30: **Bankruptcy and Debt Relief**

Family Law, Divorce and Child Custody
Attorney Dennis J. Orsey, Granite City
Attorney Barbara Crowder, Edwardsville

These sessions have been planned to provide practical information in areas of the law that impact us daily. All programs are 7 to 9pm, Belleville Area College, Granite City Campus, 4550 Maryville Rd. **ENROLLMENT IS FREE.** PUBLIC IS WELCOME. To pre-register, call 931-0800

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Pack holds Pinewood Derby

Cub Scout Pack 28, chartered to Charlotte Charbonniere State Farm Insurance, held its Pinewood Derby Jan. 22 at the Granite City Township Hall.

Cubmaster Gary Greeling welcomed the guests.

Winners were, Den 1, led by John and Leslie Verschuyt; Sam Verschuyt, 1st place; David Koeller, 2nd place;

Jason Morgan, 3rd place; and Kalim Loftus, 4th place. From the Panther Den, led by Gail and J. Wyatt, winners were Jacob Harris, 1st place; and Christopher Wallace, 2nd place. Officiating were Greeling, Gail Wyatt, Karen Greeling, and John Verschuyt.

Winners may proceed to the District Pinewood Derby in March.



(Staff photo by BOB SLATE)

DARE donation — Nancy Colby, left, and Mary Scarsdale, right, of Disabled American Veterans Auxiliary #53, recently presented a donation to the Granite City Drug Abuse Resistance Education program. Accepting the check is D.A.R.E. officer Phil Popmarkoff, center.

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Senior menus

Donations for noon meals are \$2. Call day ahead for reservation, 877-4373.

Wednesday, April 2
Mushroom steak, whipped potatoes, gravy, brussels sprouts, wheat bread, strawberry gelatin.

Thursday, April 3
Chili with beans, cole slaw, grape juice, crackers, sliced pears.

Friday, April 4

Country fried steak, whipped potatoes, gravy, stewed tomatoes, wheat bread, oatmeal cookies.

Monday, April 7
Chicken patty, potato triangles, peas and pearl onions, bun, orange sherbet.

Tuesday, April 8
Polish sausage, whipped potatoes, sauerkraut, rye bread, applesauce.

Art, drama classes are open

Creative Express is now taking registrations for spring art and drama activities for youth and families.

Classes are held at the Glen Carbon New Bethel United Methodist Church, 131 N. Main St.

Art classes
"Drawing and Painting," grades 3-6, Thursdays, April 10 through May 8 (five weeks), 5-6 p.m. Cost is \$30 and includes all materials.

Drama classes
"Basic Acting Skills,"

ages 7-9, Mondays, April 21 through May 12 (four weeks), 6:30-7:30 p.m. Cost is \$20.

"Advanced Acting," ages 10 and older with prior acting instruction or permission of the instructor. Tuesdays, April 22 through May 6 (three weeks), 6-7:30 p.m. Cost is \$22.50.

One-day workshops
"Pantomime," Monday, April 7, Level I (ages 4-6), from 5-6 p.m., cost is \$5; Level II (ages 7-10), 6-7 p.m., cost is \$8.

"Book or Journal Making," grades 3 and older, Saturday, April 5, 9-11:30 a.m. The cost is \$17 and includes materials. Participants should also bring in favorite flowers, leaves, photos, etc.

"Colored Sand Mandala," grades K-4, Saturday, April 12, 9-11:30 a.m. The cost is \$12 and includes materials.

"Family Acting Fun," an acting workshop for youth of all ages and parents, Saturday, April 19, 10 a.m. to noon.

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Community Health Care

Mary Carol Archie

Mary Carol Archie has worked to establish and serve as vice president of Community Health-Styles Institute in Richmond Heights.

The institute is an organization within the SSM Health Care System that is devoted to improving health in the community. Archie implemented programs in the Archbishop's Commission on Community Health (ACCH), a voluntary organization founded in 1991. As chairwoman, she worked on a community needs assessment to identify people who are most in need of health care services.

She helps design innovative ACCH programs to serve youth in need of medical services; fragile, home-bound older adults; immigrants; and others.

Archie has taken part in numerous volunteer activities for various groups, such as Teen Opportunities to Achieve in Life, Vision for Children at Risk, DePaul Health Center Mission Board, and St. Louis 2004 Health Action Steering Committee.

Through her leadership in her former position — director of health services for St. Louis County, a public-private partnership was recently set up with DePaul Health Center and St. Louis County Department of Health.

Archie received her masters degree in arts from Webster University. She has a son Daniel, 26, who lives in St. Charles, and a daughter, Julie Miller, 23, who lives near Portland, Ore.



Cultural Enrichment

Judy Smith Champ

Judy Smith Champ has been promoting the arts in St. Louis for two decades.

Champ, a native St. Louisian, believes the city's arts and children's organizations deserve the support of the community.

She taught in public schools until 1977 and now devotes herself to volunteer work.

She is a founding member of Dance St. Louis' The Troupe — a financial support group that began with 10 members and has grown to 300. She served as its president and chaired two events to earn more than \$300,000.

She continues to work with The Troupe and is on the Board of Directors for Dance St. Louis.

Champ, a former board member for Laumeier Sculpture Park, continues to serve as an advisor. She chaired fund-raisers for Laumeier, raising more than \$250,000 for its support.

She worked with the Theatre Project Company from 1980 to 1991 and with the Arts and Education Council from 1988 to 1993. In addition to her work with the arts, she devotes much of her time to Girls Inc., an organization which works to improve the self-esteem for girls. She also is president of Girls Inc. in St. Louis and also part of Best Friends, a support group for the organization.

Champ has been commissioner of the Regional Arts Commission since 1989, a job she enjoys because it allows her to learn about artists and arts programs in St. Louis.



Civic Preservation

Ruth Bryant

After retiring from the 5th Federal Reserve Bank in St. Louis, Ruth Bryant has devoted herself to volunteer activities.

She is a member of the Chancellor's Council at the University of Missouri-St. Louis, having completed a three-year term as chairwoman. She is vice chairwoman of Premiere Performances, a chamber music series produced by the university.

She is past trustee of the Missouri Council on Economic Education; a member of the President's Advisory Council of the Girl Scouts of Greater St. Louis; vice president of programs for the English-Speaking Union; past chairman of the Hope Center Board; and a director and past president of Associates of St. Louis University Libraries.

A nominator said Bryant saved the Mercantile Library and its outstanding collections for future generations. "The library was fast approaching extinction, a situation she recognized when she was elected president more than two years ago," the nominator said.

In late 1996, Bryant successfully led the library into a consolidation with the UM-St. Louis in a long and difficult effort which she managed in a superb fashion, the nominator said. "With her efforts, the collection will be housed at the university and will continue to grow as a resource for both university students and the public," she said.



Community Service

Glenn Sheffield

Glenn Sheffield, former mayor of Webster Groves, has a long career of volunteer service to organizations as diverse as Edgewood Children's Center, Metropolitan Sewer District, Opera Theatre of St. Louis, George Warren Brown School of Social Work, the Repertory Theatre and St. Louis Community Foundation.

And this is just a sampling of her community activity. Sheffield's contribution to an organization is invaluable — whether the organizational mission is related to social services, education, the arts or government. A nominator wrote that she has a thorough understanding of organizations and makes her a strong leader.

Her particular expertise in specific areas (such as facilities management) makes her effective in carrying out particular tasks. Her positive, upbeat temperament helps move things forward, a nominator said.

As mayor of Webster Groves for several terms, Sheffield spent many hours tackling critical infrastructure deficiencies and leading the effort toward a state-of-the-art recreation complex, which is rejuvenating the area. Her tenure also was characterized by active recruitment and involvement of various citizens — many of whom never before worked at the local level — in planning and carrying out positive change. She was one of only a few women mayors at the time; her election and success paved the way for others.



1997 Women of Achievement Journals, KMOX honor 10 exceptional community volunteers

The Suburban Journals and KMOX-AM (1120) proudly announce the selection of the 10 outstanding women who are the 1997 Women of Achievement. This year's honorees come from all walks of life but all have one thing in common — they have contributed to the strength and health of the St. Louis metropolitan community.

These outstanding women join 411 other Women of Achievement who have been honored since the program started in 1955.

The awards will be presented to the 1997 winners during a noon luncheon May 14 at the Ritz-Carlton-St. Louis in Clayton.

Reservations for luncheon tickets, which are \$25 per person, may be ordered by sending a check to Women of Achievement, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo., 63131. The deadline for reservations is May 5.

Seating will be at tables of 10. For those wishing to sit together, reservations and payment for the group should be made at the same time. Those attending the luncheon on behalf of a particular honoree also should include the name of the honoree.

The Women of Achievement honored at last year's luncheon were: M. Patricia Barrett, community leadership; Nanci A. Bobrow, child welfare; Camilla (Kimmy) Thompson Brauer, cultural enrichment; Barbara L. DeGonia, youth services; Evelyn A. Cohen, health education; Karen K. Goodman, volunteer leadership; Judith Simms, civic responsibility; Bessie Bennett Peabody, education; Sally Spoehrer Lemkemeier, social responsibility; and Mary Lee Hermann, humanitarian concerns.

Creative Philanthropy

Jane Freund Harris

Jane Freund Harris is affectionately known as the "orchid lady" because of the exotic blossoms she always wears to the countless social, civic and community events she and her husband, Whitney, support.

Over the past 40 years, Harris has used her creativity, energy and compassion to raise millions of dollars to promote education, music, art, medical and social services. She was the first chairman of the Arthritis Silver Ball and continued to serve as chairman for 10 years, raising nearly \$1 million.

In 1994, she chaired or co-chaired 15 major fund-raising events and campaigns. In 1996, she continued her volunteer efforts by raising funds for many nonprofit organizations, including chairing the Hearing and Speech Center campaign and serving as honorary chairwoman of the American Diabetes Association's Symphony Fund-raiser. In 1996, she chaired benefits for the Lung Association and Logos School, and she was honorary chairwoman for the Juvenile Center and the Asthma and Allergy benefits. Her generous ways continue as she again serves as chairwoman for the benefit gala for the Lung Association.

With her husband, she helped establish the Jane and Whitney Harris Guest Artist Chair for the Symphony, the Jane and Whitney Harris Research Library at Westminster College in Fulton, Mo., an annual lecture on tropical ecology at the University of Missouri-St. Louis; the Secret Garden of the Missouri Botanical Garden; and the Secret Garden for the Annual Flower Show of the Junior League.



Historic Preservation

Lucille Stehman

If it has to do with Collinsville's history, Lucille Stehman probably knows about it.

The unofficial city historian, Stehman is dedicated to preserving the community's heritage.

She has done this both through articles in the local newspaper on the history of mining and Main Street, and as the principal author of a book titled, "The History of Collinsville."

Stehman helped found the Collinsville Historical Museum. She has also been an active volunteer at Cahokia Mounds where she operated the first gift shop and helped organize the Cahokia Mounds Museum Society.

Stehman's efforts have also helped fund a variety of other causes. Her concept of a "Wall of Honor," which allows family members to pay tribute to late miners by purchasing plaques bearing their names, raised more than \$10,000 for the restoration of the historic Miner's Theater. She also spearheaded a fund-raiser for an addition to the Collinsville Memorial Public Library, raising more than \$100,000. The money, combined with a state grant, made the expansion project possible.

Most recently, Stehman rounded up a group of volunteers to raise money for the Brooks Foods Catsup Bottle water tower. Those efforts resulted in a new paint job for the giant landmark — and ended any talk of tearing the tower down.



Humanitarian Concerns

Terri Shores

Terri Shores has dedicated many years of her life to fundraising for organizations in the St. Louis community.

For her efforts, Shores has been selected to receive the 1997 Women of Achievement Humanitarian Concerns Award.

Shores is past chairperson of the Greater St. Louis Book Fair, past president of the St. Louis Zoo Docents, president of the Friends of the University of Missouri, vice president of Springfield to Learning and chairman of the 1997 National Zoo Docent conference in St. Louis. She also is involved with fund-raisers for Humane Society of Missouri, the 20th anniversary of Springfield to Learning and the 20th anniversary of Leadership St. Louis.

Shores has been described as the "driving force" behind a Humane Society Friends Council committee that launched the Humane Society's Docent program.

As president of the National Council of Jewish Women, Shores chaired a \$2.5 million capital campaign for the Crown Center for senior living.

Shores originated and co-chaired the production of "When Women Lead the Way," a video about the contributions of women volunteers and what that has meant to the quality of life in St. Louis.

She also initiated the Women's Summit held last year, which brought attention to the needs and capabilities of women in the area.



Community Betterment

Linda Schroeder

Linda Schroeder is a matchmaker of sorts.

Schroeder, executive director of Project COPE (Congregational/Ordinary Partnership Enterprise), matches paroled offenders with area churches in an effort to smooth the parolees' transition back into society.

Currently 15 congregations participate in Project COPE. Each congregation fields a team to work with one prisoner while incarcerated and after parole.

In addition to heading Project COPE, Schroeder has also worked as a member of the team from Immanuel Lutheran Church, where her husband, the Rev. Ted Schroeder, is pastor.

Schroeder said the teams provide friendship and assistance with family problems, job searches and transportation.

Schroeder is devoted to helping her North Side community as well as parolees.

Schroeder and her husband have transformed a vacant lot next to the parsonage into a thriving garden. Schroeder gives the fruit, flowers and vegetables from the garden to those in need. Additionally, through Schroeder's tireless grant-writing and fund-raising activities, Project COPE was able to acquire and restore two dilapidated buildings in north St. Louis. She recruited volunteers from congregations to assist in rehabbing the buildings, to provide temporary accommodations for inmates who are unable to find a home before being paroled.



Social Responsibility

Nancy Verderber

Nancy Verderber has been a tireless advocate for the disabled, fighting for building changes that provide easier access for people with disabilities.

Recently, the Old Cathedral and city polling places became wheelchair accessible thanks to Verderber's advocacy.

For 10 years Verderber, who has cerebral palsy, worked with Paralyzed Veterans of America to provide services and coordinator of the small and family program.

Even though her own condition, she continues to serve children, both as a professional — a learning specialist with the Special School District — and as a volunteer after hours, taking the youngsters on outings.

On one outing to the Zoo, Verderber discovered barriers prevented the children from enjoying the experience and, at her own expense, brought a lawsuit against the Zoo, because of her determination, disabled children can now ride the Zoo train.

A nominator wrote, "She showed remarkable strength and tenacity, refusing to get discouraged or give up."

A graduate in social welfare with a master's degree in rehabilitation administration and services, both from Southern Illinois University-Carbondale, Verderber is a leader in community and professional organizations, a member of the St. Louis Civil Rights Commission and on the Board of St. Louis Equal Housing Opportunity Council.



Education

Saundra Hudson

Promoting quality education and good health are at the top of Saundra Hudson's list of things to do.

Hudson, an Edwardsville resident, began volunteering in the community 17 years ago.

She is currently the president and chief executive officer for the Madison County Urban League.

Hudson's volunteer career began with the Family Services and Visiting Nurse Association (FSVNA) — which today operates the Head Start Program. She volunteered her time while raising two children and running her own business.

Hudson was a recipient of the Thayer Award from the Junior League of Alton. She has also ranked community service award given by the group — for her outstanding contributions to the community.

Hudson was elected to the Edwardsville School Board in 1991 and later appointed by the superintendent of the Illinois State Board of Education to serve as one of three members on the Financial Oversight Panel for the East St. Louis School District.

She also initiated a fund-raising program for Madison County students four years ago that has become a successful annual summer dance event.

Hudson also volunteers as the director of the Friends of the Lovejoy Library at SIUE and is a director in the Illinois Association of School Boards.



SPORTS

**Hawks named
Team of Week**
Page 28

Prep schedules
Page 48

Granite City Journal

Wednesday, April 2, 1997



Patrick Heston

Class shown by crafting teams not excuses

I'm not in favor of two-class basketball in Illinois. It forever relegates small schools to an inferior status. Never again will they be taken seriously. Their tournament will never be anything but a prelude to that of the big boys. In the minds of most, the "real" state champion will be crowned one week later. But many schools that are Class A schools contend annually at state and regularly win state championships in a one-class system. It won't happen again.

Certain large schools — particularly those in the metropolitan areas of Chicago, Peoria and St. Louis — will begin dominating the AA tournament. Six of the 16 state finalists in 1971 are Class A teams in 1972. Small schools have always been there to upset the bigger schools along the regional or sectional trail.

Remember: the last team to defeat nationally top-ranked Dolton Thorndike, the prohibitive large school favorite, was Mounds Meridian, a Class A school. The rule was that little guys would knock off big guys in postseason upsets. But no more.

The words above are 25 years old. I wrote them for a Chicago paper on the eve of the 1972 Class A sectionals. A quarter of a century is long enough to judge a prophecy. Small schools are no longer taken seriously on the same scale as large schools. One of Lawrenceville's wins during their all-time state record, a 66-game winning streak, came on the court of Detroit Northwestern, 57-55. Lawrenceville went on to win back-to-back state titles. In the season-ending national poll in both 1982 and 1983, Northwestern was ranked in the top five; both Illinois Class AA finalists were in the top 10, but Lawrenceville was nowhere to be found.

In 1981, Madison defeated New Lenox Providence in the small school quarterfinals. Providence had earlier come within five points of nationally top-ranked Quincy, considered by most of the greatest teams ever. AA schools were also as good as, if not better, than their large school counterparts. In 1984, Benton was twice hammered mercilessly by eventual small school champ McLeansboro, the last overtime game to undefeated, top-ranked Evanston in the large school quarterfinals. I am not in favor of expanding to more classes in Illinois. There is talk of three or even more divisions for high school basketball in the near future. The complaint I hear the most comes from schools ranging in enrollment from 750-1500. "We can't compete against the bigger schools," they whine.

My question is, Just what bigger schools do you mean? Fact: If a division is added for schools with enrollments of 751-1500, as many suggest, nine of this year's 16 finalists would fit into that group. If the division runs from 751-1500, seven of the final 16 teams would be grouped among them. Somehow, they were able to compete with the big boys. Fact: The team winning the (See PAT, Page 38)

Tri-City opens season Saturday

Newest member of NASCAR racing series prepares for start

Tri-City Speedway, the newest member track of the select NASCAR Winston Racing series, opens the 1997 racing season Saturday, April 5.

The "Mountain Dew springbreaker" for open competition winged sprints will be the first outing, attracting many of the Midwest's top sprint car drivers, who will compete for \$20,000 in prize money — \$3,000 goes to the winner.

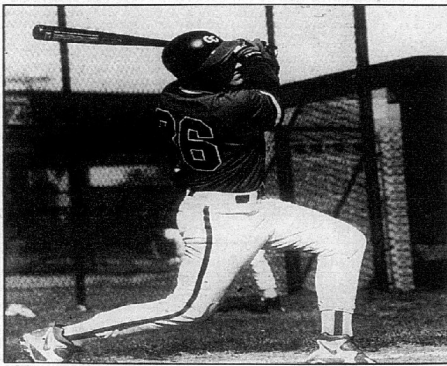
RACING

Saturday, April 12, begins the 24-week campaign for the \$1 million NASCAR Winston Racing Series championship by crowning 10 regional champions and one national champion from one of 100 race tracks across the nation.

Every Saturday night, the NASCAR Winston Racing Series will offer grand American modifieds, pro-stocks, street stocks and Skoal Bandit racing winged sprint cars. The grand American modified track champion will qualify to compete for the \$38,000 regional championship based on their performance at Tri-City Speedway. Adult admission is \$9; students 11-17, \$5; and children 10 and under, \$2. Parking is free. Spectator gates

open at 6 p.m., and racing begins at 7 every Saturday night. To order tickets, call (314) 469-9666. The 1997 special events include: Saturday, April 5 — Mountain Dew springbreaker. Saturday, May 10 — World of outlaws. Wednesday, June 4 — Midwest late model shootout.

(See RACING, Page 38)



Dustin Brewer takes a cut during Saturday's doubleheader against Washington.

Warriors win first

Bullpen, late offensive surge help GCHS salvage split with Washington

BASEBALL

By Patrick C. Heston
Staff writer

The Granite City Warriors varsity baseball team picked up their first win of the young season on Saturday, salvaging the second game of a twin bill against visiting Washington (Mo.).

Washington grabbed the opener, breaking open a close contest with five late runs for an 8-3 victory. Granite took a 1-0 lead into the bottom of the third inning. Lead-off batter Scott Smalley singled. He eventually worked



Edwards



Winfield

his way to third base, where he came home on a ground-out off the bat of Ryan Relleke. Washington struck for a pair of runs in the top of the second and for one more in the third. The Warriors scored two of their own in the third inning. Eric Edwards hit a one-out double, Dustin Brewer chased

him home one out later with a clean single, and Greg Winfield followed with a ringing triple. A Tim Wallace strikeout left things knotted at 3-3.

Washington strung together a trio of hits — two for extra bases — in the fifth inning on their way to a pair of runs and blasted five hits and scored three runs in the sixth. Meanwhile, GCHS had only a pair of hits after the fourth inning.

Starting pitcher Mike Ahlvers, who took the loss, pitched 4-2/3 innings, walking five batters and yielding five earned runs on 11 hits. Craig Murphy, a junior with a good arm, worked 1-1/3 innings of hitless relief.

Washington bolted to a 6-0 (See SPLIT, Page 28)

O'Fallon, Mt. Vernon rule High School Relays

Warrior boys finish 7th; GCHS girls place 8th

TRACK

By Patrick C. Heston
Staff writer

The Granite City High School girls and boys track and field teams joined 12 other schools from Illinois and Missouri in the prestigious Southwestern Illinois High School Relays on Saturday, March 29, at Southern Illinois University in Edwardsville.

The Warriors' boys finished seventh with 45 points, while the Lady Warriors were eighth with 25 points. O'Fallon dominated the boys' meet, scoring 110 points, 26 ahead of their nearest competitor. Mt. Vernon edged Belleville West 94-92 in a tight race among the girls.

Both Stephanie Brandt and Kelly Huckelberry took first place honors in their respective events.

Brandt captured the discuss with a heave of 112'11". "She's got the strength and the skill to win a state championship," said once coach in attendance.

Huckelberry claimed the 300-meter low hurdles with a time of 41.7 seconds and also took fourth in the high jump.

Other individuals to place for the Warriors were Alisa Monroe, who finished fifth in the shot put, and George Wolfe, who was fifth in the triple jump.

The boys placed in four team relays on the day. Both the 4x200 and 4x400 relay teams finished third. The Warriors were also fourth in the 4x800 and the 4x100.

"It's hard to tell early in the year just how good you are," said GCHS assistant coach Larry Curry. "One of the benefits of these relays is that it helps you discover where you are as a team and it shows you how much depth you do or do not have."

O'Fallon proved to have the most depth among the boys, winning only three events, but

"It's hard to tell early in the year just how good you are. One of the benefits of these relays is that it helps you discover where you are as a team and it shows you how much depth you do or do not have."

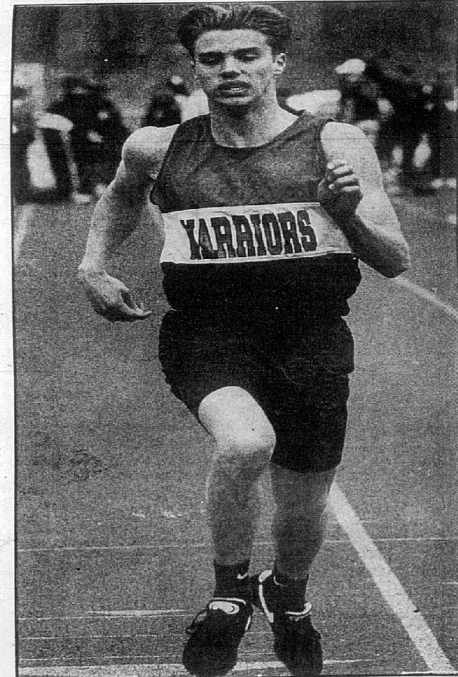
— Larry Curry
GCHS assistant coach

finishing second or third in six others. In all, they placed in 14 of the 16 events. Also demonstrating good depth was Belleville West, setting meet records in the distance medley, the 4x800 and the 4x200, and capturing individual honors in the 100 meter dash and at 1600 meters. O'Fallon failed to win an individual event.

Mt. Vernon, Belleville West and Jerseyville were the deepest squads in well-balanced girls competition where only 22 points separated the top five teams.

Statistically, the Lady Warriors, with a pair of top five finishes as individuals but none as a team, did not appear as deep as did the boys. The boys placed three individuals and four relay teams on Saturday.

The girls team traveled to Collinsville for a triangular meet on Monday, while the boys joined three other teams at Collinsville on Tuesday. The boys are out of action until the Belleville West Invitational on Saturday, April 12. In the meantime, the girls participate Saturday, April 5, in the Jackie Joyner Invitational at East St. Louis and return on Wednesday, April 9, for a meet with East Side and Belleville West.



Senior David Zellerman should contribute quite a bit to this year's squad. For detailed track results, see Page 3B.

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SPORTS

Cardinals Team of the Week

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The Cahokia Hawks Squirt AA hockey team finished the season by winning the Thunder on the Tournament in Evansville, Ind. The Hawks defeated the host Thunder 4-1 in the title game and outscored teams 22-3 in four games. Pictured front row from left are Jill Boesch, Colin Neeman, Brett Benhoff, Sean McBride, Danny Stout, Peter Kassy, Aaron McLean, Michael Hitchcock, Jordan Haras, Jordan Thompson and Kara Flinn. Pictured in the back row are Courtney Hemmer, Kyle Flinn, Todd Whiteside, Drew Hemmer, Stevie Moore, Zach Yauch, Brooks Boesch, Brett Morrell, Kara Benhoff and Emily Morrell. The team is coached by Mike Harres, Stevie Moore and Charlie Kassy.

- Split

(Continued from Page 18)

lead in game two, scoring three runs in both the second and third innings.

GCHS cut the margin to 6-4 with a big fourth inning. After two men were out, the Warriors' next five batters hit safely, four of them eventually scoring, before a pop up to first base ended the rally.

The score was still 6-4 as

first base ended the rally. The Warriors' 6-4 as Granite City came up for their last round of at-bats.

This time the Warriors linked five sharp hits to start the inning, leading the home team to a 6-0 lead. Bushing, the last score across the plate with two outs to claim a 7-6 come-from-behind win.

Chris Fiala went four innings and threw out 11 hits in his first start of the season. But the hero on the mound was reliever Jason Dix, whose three innings of no-hit ball stopped the Granite City comeback. Both Dix and the Warriors' first win of the year.

"We're swinging the bat better, but we still have a lot of work to do."
— Gus Lignoul

GCHS coach Gus Lignoul is seeing some improvement early on. "We are making some adjustments, some improvements," he said. "In our first three games, our strikeout totals from 12 to seven to three over the first three games. We also had eight hits in both games. The middleorder is better, but swinging the bat, both, but we still have a lot of work to do, a lot of room for improvement."

Senior outfielder Tim Morris' improved offense was designated hitter Greg Winfield, who went five for eight on the day, and senior pitcher Mike Smith, who pitched a one for one hitting performance against

Mt. Vernon. Winfield's hits on Saturday included three doubles, a triple and a home run. He is batting .667 after three games.

"I was a little disappointed in Ahlvers and Fiala," Lignoul said. "They are our number one and two picks, and they had the rotation. They have to do better than they did against Washington."

But Lignoul was positive about the effectiveness of the Warriors' bull pen, particularly the work of Dix and Murphy, who combined for 11 of 12 innings of hitless relief.

"I can't say enough about the way Dix and Murphy came out on the mound," Lignoul said. "Winfield was just tremendous. Nothing disappointing there."

SCSAs travel to Los Angeles for a pre game meal with the Oilers. The Warriors open conference action at home against the Oilers on Thursday afternoon at 4:15.

Sports shorts

Madison Khoury League

Madison kids ages six to 18 can register at the Madison Recreation Center, 7th and Len Streets, on Fridays (April 4, 11), Saturdays (April 5, 12), and Monday, April 14. Saturday times are 10 a.m. to noon. Registration on all other days is from 5:30-8 p.m. The fee is \$30. Call James Gardner (451-0906) for more information.

Madison Softball
The Madison Park and Recreation Department is accepting teams for Tuesday, Wednesday and Thursday night games, as well as for Friday night Co-ed games. The Co-ed fee is \$250. Teams are handled on a first come, first serve basis. Only a few openings remain. For more information call Jim Broadway at 451-1440.

Stuart squad wins state
The James Stuart Chapter's Junior Division basketball team won the Illinois DeMolay's state championship March 16 at Knox College in Galesburg.

The Junior squad drubbed Alton 44-14 in the semifinals and edged Libertyville 39-33 for the title. In the championship game, Craig Harris had 14 points, Richard Winters put in 11, James Watson netted six, Nick Wilson added five, Robert Barton had two and Dan Watson scored one. Adam Schilling also played.

The Junior Division is an under-15 division.

The Open Division team from the James Stuart Chapter was eliminated in the opening round, losing a tight 31-30 game to Libertyville. Members of the squad were: Derk Smith, Josh Church, Keith Hopke, Jason Landfried, David Cook, Matt LeVart, Eric Yurcisin, Brian Hopkins, Joe Carney, Chaptie Sweetheart and Amanda Young. William A. Cochran Jr., the Chapter's Athletic Adviser, was the coach.

Nance, Wagoner place
The Granite City Wrestling
Club placed a pair of winners
at the USA Nationals, held at
the campus of the University of
Missouri at Kansas City.
The Nationals are a presti-
gious annual event involving

The two Granite City wrestlers to place were P.J. Nance who finished third with record of 5-1, and Austin Warner who was undefeated.

five contests and captured first place honors.

Bantam tournament
The Chesterfield (Mo.) Community Association has added a 16-team Bantam 1 level to its Independence Day holiday baseball tournament to be held July 3-6. The open tournament still has a few slots remaining at three other levels: Atom 2

There is a three-game guarantee. The team entry fee is \$110. Call Mike Creme (314-519-9830) or Joe Maa (314-458-8827) for more information.

Sports physicals
Pre-participatory sports physicals will be offered by the Granite City School District 6:30 p.m. May 21-22 at the Wo-

The cost is \$25 and the physical is good for one calendar year, and it is accepted by the Illinois High School Association.

tion. For more information call Saint Elizabeth Sports Medicine at 798-3943. All students who require any immunizations are exempt.

Select team needs players
A Bantam I select baseball team is seeking players born after Aug. 1, 1986. The team will play in a select league and

Tryouts will be held 5-7 p.m. Wednesday, March 26 at Marquette School. For more information, call Tom Nance 707-2411.

Khoury sign-ups

6-8 p.m. Mondays and Wednesdays at the Pontoon Beach Village Hall, 3910 Highway 1 and 10 a.m.-4 p.m. Saturdays at Tracy's Shirt Shop, 40

Youth soccer league
The Gateway East Illinois Youth Soccer League will

accepting applications for spring season for boys and girls teams U-10 to U-14. For information call Tom Rosen.

Mitchell registration
The Mitchell Athletic Club

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08

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235/75R15 WRANGLER HT \$72.94

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SPORTS

'Lived for the team:' Memories of guru Blazier shine on Legion diamond

Take a few seconds and consider words like integrity, courage, honesty, work ethic and leadership, and you might think you are weighing the qualities of a highly recognized individual.

Sorry, the words also apply to a man named Dan Blazier Sr., a Lebanon resident who was the coach of the American Legion baseball program in O'Fallon until his March 20 death.

A native of Carmi, Dan Blazier died at age 49 after a lengthy battle with cancer which made him an example for us all.

"He was a wonderful man," said Jim Cobb of O'Fallon, who has served as a general manager of the junior and senior Post 137 legion teams.

"I was very fortunate to have Dan," said Cobb. "I just stayed out of his way and watched him do a marvelous job."

Active in AAU basketball as well as baseball, Dan Blazier

was more than a parent who was involved just because his only son, Danny Jr., and Brian were athletes.

"He lived for that legion team," said Dennis Schutzenhofer, the coach of the Fairview Heights senior team that had several crucial District 22 games with Blazier's O'Fallon teams.

"He'd do anything for his players," said Schutzenhofer. "You could drive by the diamond (at the O'Fallon Park), and if a player needed extra work, Dan would be there helping him."

A postmaster in Bartlesville before moving to O'Fallon, Dan was forced to retire from full-time work due to his illness, but his involvement with the legion teams (his sons helped coach the state champion junior team) seemed to prevent his yielding to poor health.

Last summer, in particular, during games at O'Fallon, he ignored the effects of cancer



Art Voellinger

treatments and took the third base coach's box at a time when others might have shirked the responsibilities that went with developing one of the stronger legion programs in the state.

"He was a gentleman," said Schutzenhofer. "Some coaches change their demeanor after a game starts, but he never changed his personality on or off the field and was respected by all the coaches and his players."

"He was a good baseball man with a thorough knowledge of the game," said longtime Marissa coach Kent

Vollett.

Said Eric Buck, a senior at O'Fallon High and a legion third baseman: "Coach never let us think he was down or that anything was getting the best of him."

Consider again words like integrity, courage, honesty, work ethic and leadership. Appreciate their meaning and they gained thanks to Dan Blazier Sr.

My sympathy to his wife Kathy and family.

OVERTIME: Here's a tip of my hat to the Belleville Elks Lodge No. 481 for its recent participation in the national Hoop Shoot contest, which is the largest youth activity in the United States.

Approximately 3,500 youngsters participated in the Elks free throw shooting contest on the local level, with the winners as follows: Girls — ages 8-9, Katy Bartels, Fayetteville; 10-11, Marci

"He was a gentleman. Some coaches change their demeanor after a game starts, but he never changed his personality on or off the field and was respected by all the coaches and his players."

—Dennis Schutzenhofer
Occupation, company name here

Castello, Belleville; 12-13, Breanna Murphy, Belleville. The boys winners, all from Belleville, were John Lynch (8-9), Mike Reh (10-11) and Kelly Miller (12-13).

Bartels took first place in district competition, while Castello and Murphy finished second and Lynch finished third.

FOOTNOTE: Mount Vernon's 60-53 Class AA boys super-sectional basketball victory over Alton at SIU

Arena in Carbondale was more testimony to what goes on the closer teams get to the state finals.

Mt. Vernon was charged with 13 fouls and Alton 19 in a game that featured enough physical contact to merit many more calls.

Of Mt. Vernon's trip to state, Rams coach Doug Creel said "We've got tough kids." Next season, it will be interesting to see how far those kids, including three sophomores and a junior, advance.

Track

Southwestern Illinois Relays
March 29 at SIUE

Boys

1. O'Fallon 100, 2. Belleville West 76, 3. Edwardsville 72, 4. Pekin 68, 5. Belleville East 65, 6. Peoria Richwoods 54, 7. Granite City 45, 8. Collinsville 34, 9. Triad 29, 10. Lindbergh 25, 11. Troy Buchanan 21, 12. Jerseyville 20.

Results

4x100 shuttle — 1. O'Fallon 1:09.9, 2. Belleville East 1:10.4, 3. Collinsville 1:10.9, 4. Edwardsville 1:11.4.

1,600 sprint medley — 1. Edwardsville 3:47.3, 2. O'Fallon, 3. Belleville East, 4. Collinsville, 5. Pekin.

High jump — 1. Curt Schroeder (J) 5'9", 2. Nate Frisbee (BE), 3. Jeremy Shannon (BW), 4. Kelly Huckleberry (GC), 5. Todd Bierkaas (OF).

Discus — 1. Dennis Barnett (T) 150.9, 2. Rob Drossie (L), 3. Henry Lee (PR), 4. Derek Meyer (P), 5. Josh Smith (OF).

4x800 — 1. Belleville West 8:24.5, 2. Pekin, 3. Edwardsville, 4. Granite City, 5. O'Fallon.

1,600 — 1. Elijah Lewis (BW) 10:5, 2. Ralph Holmes (OF), Scott Compton (BE), 4. Anakawa (PR), 5. Derek Collier (L).

4x100 — 1. O'Fallon 44.0, 2. Belleville West, 3. Edwardsville, 4. Belleville East, 5. Granite City.

1,600 — 1. Zac Freudenberg (BW) 4:32.2, 2. Justin Young (PR), 3. Nathan Speer (OF), 4. Shawn Davis (ED), 5. Marc Gledeman (BE).

300 low hurdles — 1. Kelly Huckleberry (GC) 41.7, 2. Anakawa (PR), 3. Todd Bierkaas (OF), 4. Preston Jacobs (OF), 5. Jermaine Jones (BE).

4x200 — 1. Belleville West 1:32.7, 2. O'Fallon, 3. Granite City, 4. Edwardsville, 5. Belleville East.

Shot put — 1. Dennis Barnett (T) 50.8y, 2. Henry Lee (PR), 3. Josh Smith (OF), 4. Kelly (L), 5. Ryan Presson (GC).

Pole vault — 1. Roth (TB) 10-6, 2. Sam Hall (ED), 3. Hazenwood (P), 4. Marquardt (PR), 5. Altofer (PR).

4x400 — 1. O'Fallon 3:32.7, 2. Edwardsville, 3. Granite City, 4. Belleville East, 5. Pekin.

Distance medley — 1. Belleville West 11:39, 2. Collinsville, 3. Peoria Richwoods, 4. Pekin, 5. O'Fallon.

Triple jump — 1. Craig Mayfield (E) 42-4y, 2. Howard (P), 3. Lanam (P), 4. Mike Hankins (OF), 5. George Walle (GC).

Girls

1. Mount Vernon 94, 2. Belleville West 92.2, 3. Jerseyville 86.4, 4. Belleville East 72.2, 5. Edwardsville 72, 6. O'Fallon 61, 7. Collinsville 43, 8. Granite City 39, 9. Triad 23.2, 10. Troy 11.

Results

500 sprint medley — 1. Jerseyville 4:10, 2. O'Fallon, 3. Mount Vernon, 4. Collinsville, 5. Belleville East.

4x800 — 1. Mount Vernon 10:33.4, 2. Belleville West, 3. Collinsville, 4. Edwardsville, 5. Jerseyville.

Long jump — 1. Erika Radley (BW) 16-9y, 2. Katie Meyer (C), 3.

Erika Garcia (BE), 4. Tina Sitten (J), 5. Jamie Tyler (OF).

4x100 — 1. Belleville East 52.0, 2. Belleville West, 3. Edwardsville, 4. O'Fallon, 5. Mount Vernon.

100 — 1. Erika Garcia (BE) 12.5, 2. Miller (MV), 3. Jackson (E), 4. Sheers (OF), 5. Sitten (J).

1,600 — 1. Becky Cox (J) 5:29.7, 2. Jenny Illig (OF), 3. Amy Smith (E), 4. Kara Walters (C), 5. Jayme Greene (MV).

4x200 — 1. Belleville East 1:51.6, 2. Belleville West, 3. Edwardsville, 4. Triad, 5. Mount Vernon.

300 low hurdles — 1. Sarah Turpin (BW) 50.2, 2. Irwin (MV), 3. Nellie Shaul (E), 4. Jenny Svoboda (E), 5. Ralander (MV).

Shot put — 1. Jamie Waters (J) 34.6y, 2. Danielle Lawary (BW), 3. Shelly Rufer (T), 4. Lakesha Gaston (OF), 5. Alisa Monroe (GC).

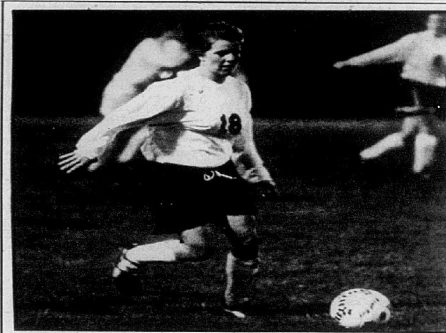
Discus — 1. Stephanie Brandt (GC) 112-11, 2. Danielle Lawary (BW), 3. Jamie Waters (J), 4. Beth Feenstra (GC), 5. Ann Grayfield (Troy).

4x100 — 1. Jerseyville 4:21.0, 2. O'Fallon, 3. Mount Vernon, 4. Belleville East, 5. Belleville West.

High jump — 1. Jamie Tyler (OF) 5.2, 2. Katie McElrath (E), 3. Karen Kraus (BW), 4. Grotefield (MV), 5. Downs (TB).

Triple jump — 1. Marissa Miller (MV) 33.7, 2. Katie McElrath (E), 3. Shelly Hammond (BE), 4. Megan Forsythe (BW), 5. Tanne (J).

Distance medley — 1. Mount Vernon 13:44, 2. Collinsville, 3. O'Fallon, 4. Belleville West, 5. Jerseyville.



Moving forward — Roxanne Simpson and the GCHS Warriors take a 1-1 record into Thursday's contest at Collinsville. The game starts at 4 p.m.

(Staff photo by JOHN FRES)

•Racing

(Continued from Page 18)

Saturday, June 21 — World of outlaws.

Thursday, July 3 — 100-lap Hav-a-Tampa late models.

Friday, July 25 — 50-lap NASCAR Busch tour.

Saturday, Sept. 20 — All-star sprints.

Saturday, Oct. 4 — Monster truck mania.

•Pat

(Continued from Page 18)

large school title this year — and for the last four years — was the second smallest school in the 1997 field. Peoria Manual has an enrollment of only 94 students.

Bottom line: A good basketball team is a good basketball team regardless of size. I'm tired of hearing postseason losses excused with a "We can't compete with the bigger schools" whine. I never heard Manual crying about playing Thornton, with its nearly 2400 students, every year at state. I just see Manual going out and beating them.

There's only two things you can do when you're a small-sized high school like Peoria Manual. You can waste your time complaining or you can use your time wisely. Most schools could learn a great deal from Manual. They're not into making excuses. They're into making basketball teams.

18 97 GLIK SPORTS 19 97

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SPORTS

Softball

BELLEVILLE EAST LANCERS 1997 Softball

March
27 at Waterloo.....4:15 p.m.
31 Rock Island (DH).....2 p.m.

April
1 at Civic Memorial.....4 p.m.
2 Mascoutah.....4 p.m.
3 East St. Louis.....4:15 p.m.
5 at O'Fallon (DH).....4 p.m.
8 at Collinsville.....4:15 p.m.
9 at Alhoff.....4:15 p.m.
10 Belleville West.....4:15 p.m.
12 at Herrin (DH).....1 p.m.
15 at Alton.....4:15 p.m.
16 at Breese Mater Dei (DH).....4 p.m.

Granite City.....4:15 p.m.
17 Granite City.....4:15 p.m.
22 at Edwardsville.....4:15 p.m.
26 Pinckneyville.....1 p.m.
26 Homewood-Floresmoor.....10 p.m.

May
1 at East St. Louis.....4:15 p.m.
6 Collinsville.....4:15 p.m.
8 at Belleville West.....4:15 p.m.
9-10 Cahokia Invitational.....TBA
13 at Granite City.....4:15 p.m.
15 ESL Lincoln.....4:15 p.m.
17 Triad at Freeburg.....11:30 a.m.
17 at Freeburg.....1 p.m.
19 Cahokia.....4:15 p.m.
20 Edwardsville.....4:15 p.m.
21 at Centralia.....4 p.m.

BELLEVILLE WEST MAROONS 1997 Softball

March
28 O'Fallon.....4:15 p.m.

April
3 Alton.....4:15 p.m.
8 ESL Lincoln.....4:15 p.m.
10 at Belleville East.....4:15 p.m.
11 at Freeburg.....4:15 p.m.
12 at Highland (DH).....4:15 p.m.
15 at Granite City.....4:15 p.m.
16 Waterloo.....4:15 p.m.
17 Collinsville.....4:15 p.m.
19 at Civic Memorial.....10 a.m.
21 Alhoff.....4:15 p.m.
22 Edwardsville.....4:15 p.m.
24 at East St. Louis.....4:15 p.m.
30 Mascoutah.....4:15 p.m.

May
1 at Alton.....4:15 p.m.
3 Herrin.....12 p.m.
6 at ESL Lincoln.....4:15 p.m.
8 at Belleville East.....4:15 p.m.
12 Granite City.....4:15 p.m.
13 at Collinsville.....4:15 p.m.
14 Breese Mater Dei.....4:15 p.m.
15 at Edwardsville.....4:15 p.m.
16 Waterloo.....4:15 p.m.
20 East St. Louis.....4:15 p.m.
24 Cahokia.....10 a.m.
26 at Carbondale.....11 a.m.

CAHOKIA COMANCHES 1997 Softball

April
5 Mt. Vernon (DH).....10 a.m.
7 Civic Memorial.....4 p.m.
8 at Waterloo.....4 p.m.
9 Collinsville.....4 p.m.
10 at East St. Louis.....4:30 p.m.
14 Alhoff.....4 p.m.
17 Triad.....4:15 p.m.
21 at Staunton.....4:30 p.m.
22 Centralia (DH).....4 p.m.
26 Edwardsville.....4 p.m.
28 at Alhoff.....4 p.m.
29 at O'Fallon.....4:15 p.m.

May
1 Gibault.....4:30 p.m.
3 Highland (DH).....10 a.m.
6 at Carbondale (DH).....3 p.m.
9-10 Cahokia Invitational.....TBA
13 Marion.....3:30 p.m.
14 at Roxana.....4 p.m.
15 at Duqu.....4 p.m.
19 at Belleville East.....4 p.m.
22 O'Fallon.....4 p.m.
23 Granite City.....4 p.m.
24 at Belleville West (DH).....10 a.m.

COLLINSVILLE KAHOKS 1997 Softball

April
1 at Breese Mater Dei.....4 p.m.

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Granite City Glass
1837 Madison Ave.
877-5400

3 Granite City.....4:15 p.m.
4 Quincy (DH).....4 p.m.
7 at Duqu.....4 p.m.
8 Belleville East.....4:15 p.m.
9 at Cahokia.....4 p.m.
10 at Edwardsville.....4:15 p.m.
11 Breese Central.....4 p.m.
14 at Triad.....4:15 p.m.
16 at Jerseyville.....4:15 p.m.
17 at Belleville West.....4:15 p.m.
22 East St. Louis.....4:15 p.m.
24 at Alton.....4:15 p.m.
28 Roxana.....4 p.m.

May
1 at Granite City.....4:15 p.m.
6 at Belleville East.....4:15 p.m.
8 Edwardsville.....4:15 p.m.
9-10 Cahokia Invitational.....TBA
12 ESL Lincoln.....4:15 p.m.
13 Belleville West.....4:15 p.m.
15 at East St. Louis.....10 a.m.
17 at Waterloo.....10 a.m.
20 Alton.....4:15 p.m.
21 O'Fallon.....4:15 p.m.
22 at Highland.....4 p.m.
24 at Civic Memorial (DH).....10 a.m.

EAST ST. LOUIS FLYERS 1997 Softball

March
26 at Cahokia.....4 p.m.

April
3 at Belleville East.....4:15 p.m.
8 at Alton.....4:15 p.m.
10 Granite City.....4:15 p.m.
11 Edwardsville.....4:15 p.m.
17 ESL Lincoln.....4:15 p.m.
22 at Collinsville.....4:15 p.m.
24 Belleville West.....4:15 p.m.
25 at Alhoff.....4 p.m.

May
1 Belleville East.....4:15 p.m.
4 at Granite City.....4:15 p.m.
12 at Edwardsville.....4:15 p.m.
13 at Granite City.....4:15 p.m.
15 Collinsville.....4:15 p.m.
20 at Belleville West.....4:15 p.m.

EDWARDSVILLE TIGERS 1997 Softball

March
29 Wood River Tournament.....10 a.m.

April
1 at Freeburg.....4:15 p.m.
3 ESL Lincoln.....4:15 p.m.
4 at Gillespie.....4:15 p.m.
5 Highland.....11 a.m.
8 at Granite City.....4:15 p.m.
9 at Belleville East.....4 p.m.
10 Collinsville.....4:15 p.m.
11 Triad.....4:15 p.m.
15 at East St. Louis.....4:15 p.m.
16 at Mascoutah.....4 p.m.
17 Alton.....4:15 p.m.
19 Breese Mater Dei.....11 a.m.
22 at Belleville West.....4 p.m.
23 Wood River.....4 p.m.
24 Belleville East.....4:15 p.m.
26 at O'Fallon.....4:15 p.m.

EDWARDSVILLE TIGERS 1997 Softball

May
1 Greenville.....4:15 p.m.
2 at Roxana.....4:15 p.m.
6 Mascoutah.....4:15 p.m.
7 at Highland.....4:15 p.m.
9-10 Cahokia Tournament.....TBA
12 at Central (DH).....4:15 p.m.
14 at Jerseyville.....4:15 p.m.
17 Freeburg, Belleville E.....10 a.m.
19 Granite City.....4:15 p.m.
21 Civic Memorial.....4:15 p.m.
23 Alton.....4:15 p.m.

TRIAD KNIGHTS 1997 Softball

April
2 Gillespie.....4:15 p.m.
5 at Staunton.....4:15 p.m.
10 at O'Fallon.....4:15 p.m.
11 at Edwardsville.....4:15 p.m.
14 Collinsville.....4:15 p.m.
16 Highland.....4:15 p.m.
18 at Mascoutah.....4:15 p.m.
22 Roxana.....4:15 p.m.
23 Jerseyville.....4:15 p.m.
25 at Wood River.....4:15 p.m.
28 Alhoff.....4:15 p.m.
30 at Civic Memorial.....4:15 p.m.

TRIAD KNIGHTS 1997 Softball

May
1 at Belleville East.....4:15 p.m.
6 Gibault.....4:15 p.m.
8 at Collinsville.....4:15 p.m.
12 at Wood River.....4 p.m.
14 Alhoff.....5:30 p.m.
16 Roxana.....4 p.m.
20 at Staunton.....4:15 p.m.

Soccer

BELLEVILLE EAST LANCERS 1997 Soccer

March
25 O'Fallon.....4 p.m.
27 at Civic Memorial.....4 p.m.

April
1 Collinsville.....4 p.m.
3 Gibault.....4 p.m.
10 at Collinsville.....6 p.m.
12 at East St. Louis.....3 p.m.
15 at Alton.....6 p.m.
17 Belleville West.....4 p.m.
21-26 Alton Tournament.....TBA

GRANITE CITY WARRIORS 1997 Softball

April
1 Roxana.....4 p.m.
2 at Civic Memorial.....4:15 p.m.
3 at Collinsville.....4:15 p.m.
7 at Wood River.....4 p.m.
9 Edwardsville.....4:15 p.m.
9 Mascoutah.....4:15 p.m.
10 at East St. Louis.....4:15 p.m.
15 Belleville West.....4:15 p.m.
17 at Belleville East.....4:15 p.m.
24 ESL Lincoln.....4:15 p.m.
28 O'Fallon.....4 p.m.

GRANITE CITY WARRIORS 1997 Softball

May
1 Collinsville.....4:15 p.m.
6 at Edwardsville.....4:15 p.m.
8 East St. Louis.....4:15 p.m.
9-10 Cahokia Invitational.....TBA
12 at Belleville West.....4:15 p.m.
13 Belleville East.....4:15 p.m.
15 at Alton.....4:15 p.m.
17 Granite City Tournament.....TBA
19 Waterloo.....4:15 p.m.
20 at ESL Lincoln.....4:15 p.m.
23 at Cahokia.....4 p.m.

CAHOKIA COMANCHES 1997 Soccer

April
1 at Carbondale.....4 p.m.
8 at Roxana.....6 p.m.
9 at Wood River.....4 p.m.
16 at Ladue.....4 p.m.
17 at O'Fallon.....7 p.m.
18 at Alton.....4 p.m.
24-26 Riverview Tournament.....TBA
30 Triad.....4:15 p.m.

COLLINSVILLE KAHOKS 1997 Soccer

March
27 O'Fallon.....4:30 p.m.

April
1 at Belleville East.....4 p.m.
3 Granite City.....4:30 p.m.
8 at ESL Lincoln.....4:30 p.m.
10 Belleville East.....4:30 p.m.
12 at Hazelwood Central.....2 p.m.
17 at Belleville West.....4:30 p.m.
19 at Mehlville.....11 a.m.
21 CYC Tournament.....TBA

COLUMBIA EAGLES 1997 Soccer

April
1 at Belleville West.....4 p.m.
6 at Alton.....4:30 p.m.
8 Triad.....4:30 p.m.
12 at Granite City.....4:30 p.m.
14 at St. Joseph.....4 p.m.
15 at Sacred Heart-Griffin.....4:15 p.m.
20 Alhoff.....4:30 p.m.

BELLEVILLE EAST LANCERS 1997 Soccer

March
25 O'Fallon.....4 p.m.
27 at Civic Memorial.....4 p.m.

April
1 Collinsville.....4 p.m.
3 Gibault.....4 p.m.
10 at Collinsville.....6 p.m.
12 at East St. Louis.....3 p.m.
15 at Alton.....6 p.m.
17 Belleville West.....4 p.m.
21-26 Alton Tournament.....TBA

GRANITE CITY WARRIORS 1997 Softball

May
1 Triad.....4:15 p.m.
6 Granite City.....4 p.m.
8 at ESL Lincoln.....4 p.m.
10 at Alhoff.....12:30 p.m.
12 Gillespie.....4:15 p.m.
14 at Alton Marquette.....4:15 p.m.
15 at Edwardsville.....6 p.m.

CAHOKIA COMANCHES 1997 Soccer

April
1 at Carbondale.....4 p.m.
8 at Roxana.....6 p.m.
9 at Wood River.....4 p.m.
16 at Ladue.....4 p.m.
17 at O'Fallon.....7 p.m.
18 at Alton.....4 p.m.
24-26 Riverview Tournament.....TBA
30 Triad.....4:15 p.m.

COLLINSVILLE KAHOKS 1997 Soccer

March
27 O'Fallon.....4:30 p.m.

April
1 at Belleville East.....4 p.m.
3 Granite City.....4:30 p.m.
8 at ESL Lincoln.....4:30 p.m.
10 Belleville East.....4:30 p.m.
12 at Hazelwood Central.....2 p.m.
17 at Belleville West.....4:30 p.m.
19 at Mehlville.....11 a.m.
21 CYC Tournament.....TBA

COLUMBIA EAGLES 1997 Soccer

April
1 at Belleville West.....4 p.m.
6 at Alton.....4:30 p.m.
8 Triad.....4:30 p.m.
12 at Granite City.....4:30 p.m.
14 at St. Joseph.....4 p.m.
15 at Sacred Heart-Griffin.....4:15 p.m.
20 Alhoff.....4:30 p.m.

1997 Soccer

March
24 Aquinas-Mercy.....4 p.m.
26 Incarnate Word.....4 p.m.

April
3 at Collinsville.....4:30 p.m.
10 Edwardsville.....4:30 p.m.
11 at Wood River.....4:30 p.m.
16 O'Fallon.....4:30 p.m.
22 McCluer North.....4:30 p.m.
24 Belleville West.....4:30 p.m.
26 Thomas Aquinas.....4:30 p.m.
28 St. Dominic Tournament.....TBA

EDWARDSVILLE TIGERS 1997 Soccer

March
27 at Staunton.....4:15 p.m.

April
3 ESL Lincoln.....4:30 p.m.
4 Gillespie.....4 p.m.
8 at Breese Mater Dei.....4 p.m.
10 at Granite City.....4:30 p.m.
17 Collinsville.....4:15 p.m.
18 at Triad.....4 p.m.
22 Gibault.....4 p.m.
29 at Civic Memorial.....4 p.m.

GIBAUT HAWKS 1997 Soccer

March
25 at M.E. Lutheran.....TBA
29 at Alton Marquette.....10 a.m.
31 Alhoff.....4 p.m.

GRANITE CITY WARRIORS 1997 Soccer

April
2 St. Elizabeth.....4 p.m.
3 at Roxana.....TBA
8 at Belleville East.....4 p.m.
9 Staunton.....4 p.m.
10-12 M.E. Lutheran Tournament.....TBA
14 at Windsor.....6 p.m.
15 at Breese Mater Dei.....TBA
17 at Springfield.....6 p.m.
22 at Edwardsville.....4 p.m.
24 Marion.....4 p.m.
26 Carbondale.....12 p.m.

GRANITE CITY WARRIORS 1997 Soccer

May
6 at Triad.....4:15 p.m.
9 at Crossroads.....4:30 p.m.
13 Cahokia.....4 p.m.
17 at Belleville West.....12 p.m.

GRANITE CITY WARRIORS 1997 Soccer

May
6 at Triad.....4:15 p.m.
9 at Crossroads.....4:30 p.m.
13 Cahokia.....4 p.m.
17 at Belleville West.....12 p.m.

GRANITE CITY WARRIORS 1997 Soccer

May
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GRANITE CITY WARRIORS 1997 Soccer

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GRANITE CITY WARRIORS 1997 Soccer

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GRANITE CITY WARRIORS 1997 Soccer

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GRANITE CITY WARRIORS 1997 Soccer

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GRANITE CITY WARRIORS 1997 Soccer

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GRANITE CITY WARRIORS 1997 Soccer

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1997 Soccer

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17 Collinsville.....4:15 p.m.
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22 Gibault.....4 p.m.
29 at Civic Memorial.....4 p.m.

GIBAUT HAWKS 1997 Soccer

March
25 at M.E. Lutheran.....TBA
29 at Alton Marquette.....10 a.m.
31 Alhoff.....4 p.m.

GRANITE CITY WARRIORS 1997 Soccer

April
2 St. Elizabeth.....4 p.m.
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10-12 M.E. Lutheran Tournament.....TBA
14 at Windsor.....6 p.m.
15 at Breese Mater Dei.....TBA
17 at Springfield.....6 p.m.
22 at Edwardsville.....4 p.m.
24 Marion.....4 p.m.
26 Carbondale.....12 p.m.

GRANITE CITY WARRIORS 1997 Soccer

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GRANITE CITY WARRIORS 1997 Soccer

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9 at Crossroads.....4:30 p.m.
13 Cahokia.....4 p.m.
17 at Belleville West.....12 p.m.

Horoscope

Wednesday
The moon in Cancer really checks, w/ fire signs burning. It is important to gusto, but it is a to establish a w Mercury transit stabilizing Taur

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ENTERTAINMENT

Horoscope

Wednesday, April 2
The moon in Capricorn is a reality check, with so many fire signs burning up the sky. It is important to begin with gusto, but it is also important to establish a workable plan. Mercury transits into stabilizing Taurus. The way we

communicate may slow down and become more sensual. People are less willing to placate with words. Truthfulness is valued, and stubbornness is tolerated. **ARIES** (March 21-April 19). Focus on obtaining a promotion at work and you will find that your energy and zeal will increase. The boss will notice this. Maintain your sense of humor when you hear startling news at a family gathering.

Dance Floors & Staging
Put a portable dance floor wherever you want. Staging elevates a podium, show tables, sound system or band.

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Your personal horoscope call
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TAURUS (April 20-May 20). A Pisces or Libra could sweep you off your feet and make your heart skip a beat. Let this person affect your outlook on life. Base a monetary decision on a careful study of the facts. A relative wishes to see you more often.

GEMINI (May 21-June 21). Concentrate on projects at work that have a high profile in the office. Higher-ups are looking for new people for

management. A friend could ask you to do something against your principles—stand your ground.

CANCER (June 22-July 22). You are instrumental in changing a colleague's attitude. You will be rewarded and thanked profusely for this. A keepsake should be put away so you can let go of the past and move ahead. Ask a relative for help.

LEO (July 23-Aug. 22). A financial obstacle is only temporary. With careful planning and hard work, it can be moved out of the path quite quickly. Allow a Pisces to tell you what a team means.

TODAY'S BIRTHDAY (April 2). Your best ideas come in the next 15 days, but the rest of the month is about action. April is a prime time to be searching for a new job or career. A Pisces or Scorpio love would like to travel with you in May. A business investment you make in June or July will bring rapid returns. Your luckiest months are May and July.

VIRGO (Aug. 23-Sept. 22). Building trust with a new associate at work will take time but will be worth it. Defend an ex-love to your current love. Your physical health needs attention. A simple twist of events puts you in the middle of a social situation.

LIBRA (Sept. 23-Oct. 23). Rearrange your priorities and your life will improve. Stay away from friends who are too critical as you need pampering

right now. A unique gift comes through the mail or delivery service. A Sagittarius wants your forgiveness.

SCORPIO (Oct. 24-Nov. 21). Spend time with friends who challenge you mentally. Your love is asking too much from you. Take time to assess this relationship and follow through on your decision. Influential people gravitate toward you. A Sagittarius has been seeing casually wants to stop seeing other people and make things exclusive. A Gemini is open to advice you have. Money matters need to be your top priority right now.

CAPRICORN (Dec. 22-Jan. 19). Take care of final details on a work project yourself, as

the boss is keeping a close eye on this deal. A fun-loving friend is influencing you too much. Step back a bit to find yourself and your own goals.

AQUARIUS (Jan. 20-Feb. 18). A young person will have a great effect on your spiritual growth in the upcoming weeks. Talk things over with your love before a communication problem becomes too big to handle. Attend a flashy social function.

PISCES (Feb. 19-March 20). Business transactions will progress smoothly with the help of a colleague. Arrange for a meeting with an artistic or community group to iron out details for a fund-raiser. Your love wants to make it up to you.

Shields a hit in 'Suddenly Susan'

Suddenly it's Brooke Shields who has defied her doubters to score a solid first season in her debut as a situation comedy actress.

Sure you can argue that NBC's half-hour "Suddenly Susan" was a soap. Even "My Mother the Car," could land big ratings sandwiched between "Seinfeld" and "ER," you say. Not so. Other series have been scheduled between two hit shows and have produced such a dip in numbers that they had to be yanked.

"Suddenly Susan" performed admirably in the ratings and drew decent reviews, both for the show and the star's comedic skill, which had been an unknown quantity.

The show went off the air Jan. 9 so NBC could launch the midseason show "The Naked Truth" in its place. But "Suddenly Susan" returned Feb. 27, taking the 7:30 p.m. slot.

The show's storyline concerns a magazine writer who has just broken up with her longtime boyfriend and begins

a solo existence for the first time in her life—no school, no parents, no romantic alliance. It's a scary but exciting world out there.

Shields may have slipped into the role of Susan so easily because the character is somewhat autobiographical. Three years ago, Shields declared her independence from her mother, who had been her mentor and constant companion since Brooke started modeling at the age of 2. She admitted the break had been hard on her mother, but they have remained friends.

She also dumped her management team and decided to take charge of her flourishing career. In 1994 Shields took the leap to Broadway, appearing as Rizzo, leader of the Pink Ladies in a revival of "Grease." The reviews were good and helped convince NBC to give her a shot at a sitcom.

At this point in her 31 years, Shields believes in taking chances.

—Associated Press

PLATINUM PARADISE CLUB

Men's "Girl in the Magazine History"
• #1 Highest Selling Face by Swank Magazine
• 5 Time Penthouse Magazine Model
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• Appeared on the Playboy & Spice Channel

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April 13-14-15 or 27-28-29
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Enjoy the Finer Things in life in a
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SCREEN From Wes Craven 7:30	VEGAS VACATION 7:00
STARTS FRIDAY! ABSOLUTE POWER CLINT EASTWOOD FRI/SAT 7:15, 9:50 SAT/SUN MAT 2:00, 4:45 SUN THURS 7:15	STARTS FRIDAY! DISNEY'S JUNGLE 2 FRI/SAT 6:45, 9:15 SAT/SUN MAT 2:15, 4:30

Now FREE Refill on Popcorn & Soft Drinks!

Fantasyland
Where Fantasies Become Realities

Coming Soon
March 31 - April 5th

Adult Entertainment Complex
NITE CLUB
Exotic Dancers
Fri & Sat - Couples Welcome
Fri & Sat - Shower Show
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Steam • Sauna
Whirlpool
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Arcade • Theatre
Toys • Video Sales
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In A Hurry?

Get the kids to school. Stop by the store. Pick up new horseshoes. Seems like folks have always been in a hurry. Thank goodness for Carlos O'Kelly's Carryout!

Because if it's on the menu at Carlos O'Kelly's Mexican Cafe, you can get it to go! And just because you're in a hurry, we still put the same time and effort into each and every delicious bite.

So if you're in a rush, and the whole gang is working up a big appetite, call on Carlos...for that made-from-scratch goodness - to go!

Carlos O'Kelly's
MEXICAN CAFE

130 Ludwig Drive
Fairview Heights
398-0050

The 21st Century Is Arriving Ahead of Schedule

Amtrak

See the Amtrak® Train To Tomorrow, Starting April 5th
You don't have to travel to Japan or Europe to find a train like this. For a few weeks at least, Amtrak makes it Missouri's own - a high-tech train with new standards of comfort, spaciousness, service and reliability. It's called a Flexliner, and Amtrak will be running it between Kansas City, St. Louis and all intermediate stops every day except Wednesdays from April 8 through May 1. But you don't have to join a Flexliner to see the future. Visit, walk through, and sit down in the Flexliner FREE at special displays at the following locations:

St. Louis Union Station: Saturday, April 5 • 11:00 am - 4:00 pm
Kansas City Amtrak Station: Sunday, April 6 • Noon - 4:00 pm
Jefferson City at 601 West Main Street: Monday, April 7 • 9:00 am - 11:30 am and 4:00 pm - 6:00 pm

AMTRAK
Call your travel agent or call 1-800-USA-RAIL for Flexliner operating schedule
www.amtrak.com
Schedule subject to change without notice

FRI. & SAT.: LIVE MUSIC WITH MIDLIFE CRISIS

Eddie's
BAR & GRILL
WED. SHRIMP 15¢
THURS. TACOS 75¢
THURS. MARGARITAS \$2
2900 Nameoki Rd.
Beautiful Banquet Room - Call for Details
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APRIL 3, 4 & 5 BLUE GRASS WEEK-END

Cecil Tinnon
MO. State Mandolin Picker
Mike Snodgrass
Award winning guitar picker

BILLIE JEAN PICKIN' & GRININ' WORKSHOP
all pickers & strummers welcome
HOSTED BY Cecil Tinnon
Sunday, April 6, 1pm

EVERY SUNDAY
Blue Grass Jamboree - 7:30pm
MONDAY
Hot Wings
WEDNESDAY
Tacos
FRIDAY
Fish (delivery avail.)

Voltaire's Cup
Gourmet Coffee And Teas

Coupon Good 4/2 thru 4/15

Offers YOU a **FREE** Cup of Coffee or \$1.00 off a pound

Between Famous and Penney's
224 Jamestown Mall
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10 to 9:30 Daily
11 to 6 Sundays



Pictured left to right are: Row 1, Amanda Petras, Casey Gaudette, Renee Jackson, and Donna Moseley; row 2, Dawn Staggs, Michelle Staggs, Sarah Luehmann, and Shanna Keel; row 3, Lea Haddix and Elizabeth Killian; and row 4, Amber Hollis, Patrice Howell, Holly Bradshaw, Stephanie Sanders and Tasha Sanders.

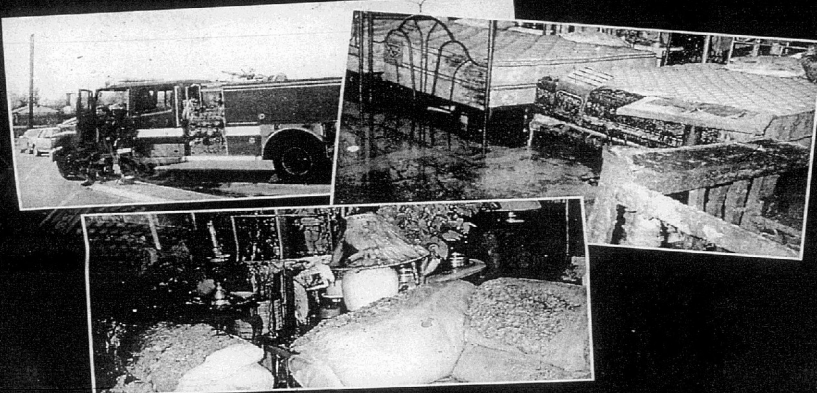
Bethel #43 holds officer installation

Bethel #43 of Granite City of the International Order of Job's Daughters held its annual installation of officers Saturday, Dec. 7. Casey Gaudette was installed as Honored Queen; Renee Lynn Jackson was the retiring Honored Queen and presided as the installing officer. Gail Miller is the Bethel Guardian and Dale O'Beir is the Associate Bethel Guardian. Casey will preside as Honored Queen until June 7. Meetings are held the second and fourth Tuesday of each month.

CPR
can keep your love alive

On February 17, 1997, a fire broke out at Rothman's Alton Showroom. The result:

TOTAL DESTRUCTION!



The insurance company has disposed of all the fire-damaged furniture, and after six weeks the showroom has been restored. Now Rothman's Board of Directors has ordered a

TOTAL LIQUIDATION

of all surplus inventory from all Rothman stores! Over 20 truckloads of fine furniture have been sent to the Alton store for this total sell-off.

Wall-to-Wall Bargains Like You've Never Seen Before!
EVERYTHING MUST GO!

Wednesday Only from 10a-9p
Thursday Only from 10a-9p
Friday Only from 10a-9p

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ALTON, ILLINOIS 3001 Washington Ave. (618) 462-9770

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- All sales final.
- No holds, layaways or special credit available.
- All items sold on an As-Is, Cash & Carry basis.
- No delivery available.
- Please see store for further details.

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200 W. Lincoln • Caseyville

NOW ACCEPTING: CIGNA & RX PRIME
We also accept all UNITED HEALTH CARE PLANS, PCS, PAID, GHP, BLUE CHOICE, ILLINOIS EMPLOYEES, EXPRESS SCRIPTS, RUC EMPLOYEES, PHARMALINK, ST. CLAIR COUNTY EMPLOYEES, CHAMPUS and many, many more insurance plans. Check with us about YOUR PLAN before getting your next prescription filled.

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9:00-7:00
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Every New Tire Purchase Includes:

FREE MOUNTING!
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SPECIAL BUY SUPER RIDE
35,000 MILE ALL SEASON RADIAL

4 FOR \$99

SIZES 13" 4 For \$149
SIZES 14" 4 For \$169
SIZES 15" 4 For \$189

SUPER VALUE MERIT 4 SEASON
50,000 MILE ALL SEASON RADIAL
FREE ROAD HAZARD POLICY

4 For \$169 **4 For \$189** **4 For \$199**

SIZES 13" 4 For \$149
SIZES 14" 4 For \$169
SIZES 15" 4 For \$189

OVERSTOCK SPECIAL
HERCULES MEGA IV

Premium All Weather Whitewall Road Hazard Policy

P185/75R14 WW \$63
P195/75R14 WW \$65
P205/75R14 WW \$67
P215/75R14 WW \$69
P225/75R14 WW \$71
P235/75R14 WW \$74

SPECIAL BUY
GOODYEAR RTS BLACKWALL
P205/75R15 BLK \$59

PERFORMANCE SPECIAL
ROAD HUGGER

50-55-60-70 Series Steel Beltd Performance Radial Raised White Letter or Blackwall

P195/50R15 BLK \$63
P205/50R15 BLK \$65
P215/50R15 BLK \$67
P225/50R15 BLK \$69
P235/50R15 BLK \$71
P205/60R15 BLK \$73
P215/60R15 BLK \$75
P225/60R15 BLK \$77
P235/60R15 BLK \$79

LIGHT TRUCK SUPER VALUE
MERIT ALL COUNTRY

45,000 MILE ALL SEASON RADIAL

4 FOR \$199

SIZES 15" 4 For \$269
SIZES 15" 4 For \$359
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CLUTCHES 199.75 INSTALLED
ENGINES
SOLD & INSTALLED CALL FOR YOUR PRICE

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St. Louis-style market in Luci INSIDE

Micro
Hold on tight! INSIDE

Lively
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Today's Food

Wednesday, April 2, 1997

Food & Nutrition

Wise Ways

Fruits, vegetables and grains combine with water to become the tie that binds up the bad and promotes good health in a person's body.

INSIDE

Heart-y Bites

Forget the leftover eggs and open the hopper for carrots, another favorite of bunnies everywhere.

INSIDE

Blue Ribbon Cook

Prepare for parties with sweet, fruity, winning punch.

INSIDE

Hometown Test Run

St. Louis-style pizza comes to the table from the supermarket in Lucia's brand. Is it like Mama would bake?

INSIDE

Micro Raves

Hold on tight! Spring's enthusiasm sprouts beginnings.

INSIDE

Lively Taste

In a Vietnamese restaurant, spring rolls traditionally come with a "table salad." It is a huge heap of lettuce, assorted fresh herbs like mint, basil and cilantro, and raw vegetables, including sliced carrot, cucumber and bean sprouts. To dress it, splash with light vinegar combined, if desired, with a touch of sweetness or soy sauce.

Health & Fitness

Medicine Chest

According to recent information, muscle cramps can be prevented with short-term use of quinine or hydroquinone derivatives. Although bitter tasting, 300 milligrams hydroquinone dihydrate has been found to be safe and effective when taken each night over a two-week period. It does not stop an active muscle cramp, but may be effective in preventing one.

Fresh Picks

Add grapes to chicken salad for a cool burst of refreshment. Blend 1/4 cup reduced-fat mayonnaise, 2 tablespoons mango chutney and 3/4 teaspoon curry powder. Stir in 1-1/2 cups finely diced, cooked chicken; 3/4 cup grapes, seeded and quartered, and 2 tablespoons chopped scallion. Line mini pita pockets with leaf or romaine lettuce. Spoon in chicken mixture.

Big Fat Tip

Fuse flavors of East and West in turkey burgers. Use ground turkey breast for less fat. Combine with 1/3 cup chopped onion, 2 tablespoons bread crumbs, 2 cloves garlic (crushed and minced) and freshly ground pepper to taste. Mix together 2-1/2 teaspoons Chinese or regular mustard, 1 tablespoon soy sauce and 1 teaspoon sesame oil. Brush burgers on one side with glaze. Grill or broil 4 minutes, turn over, brush with remaining glaze and cook about 4 minutes longer until juices run clear. Serve on sesame buns with 8 scallions, sliced and cooked in 1 teaspoon sesame oil until soft and charred.

Future Shop

New skim milk-based products are fortified with substances that increase protein or calcium or make milk more appealing in appearance or texture of higher-fat milk. The only way to know what is in them is to read the ingredient and nutrition information. Some use non-fat milk solids, essentially powdered milk, to increase thickness, protein and calcium. Others contain a fiber, such as Oatrim from oat flour, cellulose or carrageenan. Some are supplemented with calcium without protein. If using this type of fortified milk, shake it before each use, because the calcium tends to settle at the bottom.



Hot Hits

By Janice Denham
Staff writer

No matter how crazy free agency made the player pay system, no matter how the strike turned off fan interest, no matter how remote the World Series seems in April, the sound of the bat and roar of the crowd lures radios and televisions to turn on with the first pitch.

Those who have played can feel and smell the rosin, while those who don't understand why four balls let you walk to a base, while only three strikes make a batter walk dejectedly back to the dugout, still look forward to the aromas of hot dogs, popcorn, peanuts and other stadium food.

Food at the game itself has hit the big leagues. Nachos are standard. Ribs and pizza compete with

favorites ethnically oriented to their favorite team's location.

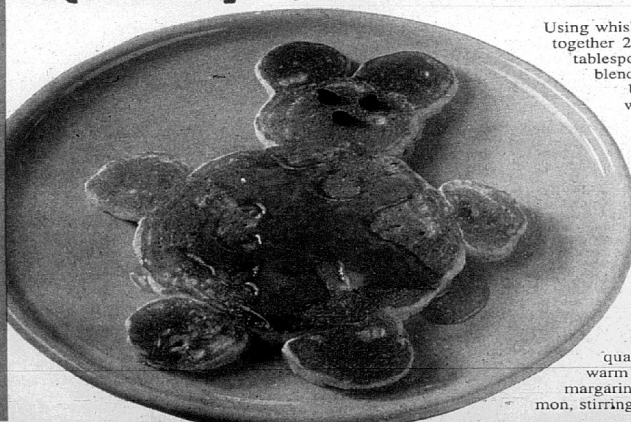
Most local ballparks have specialties, too. A favorite is to slit open a package of corn chips, ladle on hot chili, then sprinkle the top with plenty of chopped onion and cheese. Served in a heavy paper bowl with plenty of napkins on the side, it is a hit with tempered taste buds.

Settling in for a game on TV merits food just as spicy. Chili scores a home run. These recipes are spunky favorites, with All-Star Chili last year's grand prize winner in Williams' Great American Chili Recipe Contest.

The same flavors on a burger, sub sandwich and dip create fans who will stand up and cheer with every pitch — no matter who has scored more runs.

SEE HOT HITS, INSIDE TODAY'S FOOD PAGE 2

Kids' Cuisine HONEY BEAR PANCAKES



Using whisk, hand mixer or large spoon, mix together 2 cups baking mix, 1 cup milk, 2 tablespoons honey and 1 egg until well blended. Stir in 1 cup granola.

Use griddle or heavy skillet, coated with nonstick cooking spray if necessary.

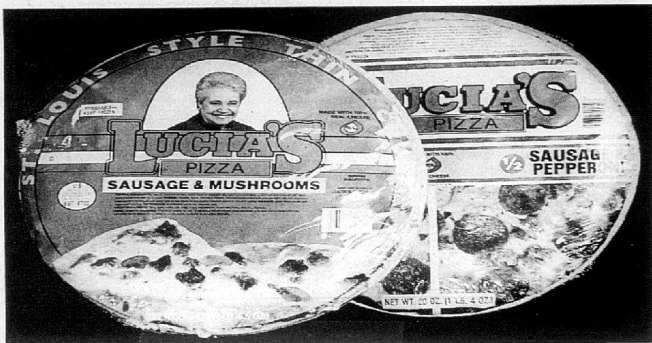
Create a simple bear design by pouring a little less than 1/4 cup batter on hot griddle to form head and body. Spoon small amount of batter for ears and paws. Cook until edges are dry. Turn over. Cook until golden brown. Use semisweet chocolate mini chips or currants for eyes and nose, if desired.

Served with Honey-Cinnamon Syrup, this makes about 12 pancakes.

Honey-Cinnamon Syrup: In 2-quart saucepan over medium heat, warm 3/4 cup honey, 1/2 cup (1 stick) margarine or butter and 1/4 teaspoon cinnamon, stirring occasionally, until hot.

Today's Food

Hometown Test Run



Some pizzas, like those from Lucia's Pizza Co., start with local flavor.

Pizza popularity extends from freezer to table

Ranked against "adoptees" from other lands, pizza has total acceptance. Some people have never met a pizza they didn't like, while others prefer a pizza persona wrapped in tones of familiarity. Some restaurants today have refined the process to telling a customer what his last phone order was.

The pizza that goes from home freezer to oven engenders the same fervor. Testers tried pizzas of a local purveyor, Lucia's, to grab a bite of Italian flavor.

Two pizzas — sausage and mushroom, and the other half-and-half with pepperoni on one side and sausage and pepperoni on the other — were baked on pans.

A regular fan of Lucia's pizza was as upbeat as ever.

"One word for Lucia's pizza: excellent. It has cheese that tastes like cheese should, firm and

tasty mushrooms, and thin but chewy crust. It doesn't get much better than that," she said.

Positive responses were easy to gather from others, too.

"The sausage and mushroom pizza is crisp and tasty. It has a nice combination of cheese and other toppings. Considering the good taste and the price, I'll probably go pick up one the next time I'm at the grocery store," a dad said.

"This pizza is light on the sauce, which I like — and heavier on the cheese than most frozen pizzas. Pepperoni is good, crisp and I like the idea of half and half the pizza," a tester said.

Another liked the different cheese flavors on the two varieties.

"The package shows the same varieties — cheddar, Swiss and provolone, in that order — but the combination is different. Each gives a result that works well with the toppings and

is pretty similar to the feel of a pizza parlor pizza," she said.

She noted the toppings were generous, spread evenly to the edge, the baking was even and the tomato sauce was spicy without too much "bite."

She thought some of the half-and-half toppings had fallen to both sides, which must be noted in her home because of a husband's allergy to most Italian sausages.

The label declares "St. Louis style thin crust." Most tasters did not consider it the pizza's best attribute.

"I don't think you can really do that thin crust on pizza, then freeze it," a tester said. "Once you have it from the pizzeria, it toughens in a hurry, so I can't figure how you can expect it to work on a frozen pizza."

Another said, "I like the thin crust, but it was a bit chewy."

Micro Raves

By SANDRA HOUNSOM

Spring new beginnings with light lunch ideas

It's time for new beginnings. It's time for shaping up.

Some people strive to thin down to get into summer clothes or a new bathing suit. Today, more than ever, good nutrition is more important than just dieting. The promotion to eat at least five fruits and vegetables a day leads to a healthier lifestyle.

There are easy ways to add those fruits and vegetables to one's current plate. For instance, a frilly lettuce leaf on a sandwich or fruits or vegetables in gelatin salad can add up to an extra serving.

Selecting nutritious foods is only the beginning. Preparation counts, too. Microwave cooking contributes to healthy eating several ways.

A microwave cooks food rapidly with little or no added moisture, so vitamins and minerals otherwise lost in extended conventional cooking are retained. It brings out foods' flavor, too. Spices are enhanced, thereby reducing the need for extra salt and extra fat.

Spring brings a new outlook toward entertaining with casual meals outdoors. As favorite produce becomes plentiful in stores, it is easier to plan a luncheon.

Salads and lighter main dishes popularly replace hot, pasta-laden casseroles.

These recipes provide extra vegetables, yet taste good while using lower-calorie and lower-sodium ingredients. Add a pitcher

of iced tea and bread sticks for a festive luncheon indoors on a sunny patio that previews warmer days ahead.

Home economist Sandra Hounsom specializes in microwave cooking.

TOMATO CUCUMBER ASPIC

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1 can (12 oz.) no-salt added tomato juice
- 1 tsp. frozen apple juice concentrate
- 1/2 tsp. reduced-sodium beef bouillon granules
- 1/8 tsp. pepper
- 1 bay leaf
- 1 cup peeled, seeded, chopped cucumber
- 2 tsp. sliced green onion

Soften gelatin in cold water in small cup or bowl.

In 4-cup glass measure, combine tomato juice, juice concentrate, bouillon, pepper and bay leaf. Microwave on high power 3 to 5 minutes until boiling.

Remove bay leaf. Add softened gelatin mixture. Stir until gelatin dissolves. Chill about 2 hours until thickened, but not set. Fold in cucumber and onions.

Coat gelatin mold with nonstick cooking spray. Pour tomato mixture into mold. Chill about 2 hours until set.

To serve, dip mold in warm water at serving time and invert immediately.

HOT SHRIMP LUNCHEON SALAD

- 6 tbsp. oil
- 1/4 cup white wine, tarragon vinegar
- 1 tsp. reduced-sodium Italian salad dressing mix
- 3 cups cooked, peeled shrimp
- 6 tbsp. chopped tomato
- 3 tsp. chopped celery
- 3 tsp. chopped green onion
- 1 tsp. capers, drained
- Shredded lettuce
- 3/4 cup (3 oz.) shredded fat-free cheddar cheese
- 3 tsp. chopped parsley

In screw-top jar, combine oil, wine vinegar and salad dressing mix. Cover. Shake well.

In 3-quart microwave-safe bowl, combine shrimp, tomato, celery, onion and capers. Drizzle dressing over mixture. Toss gently. Microwave on medium-low (30 percent) power 3 to 4 minutes until warm, stirring after 1 1/2 minutes.

Place lettuce on serving plates. Spoon warm shrimp salad onto lettuce. Sprinkle with cheese and parsley. Makes 6 servings.

Heart-y Bites

By BECKY BLAIR

Bunny leaves favorite veggies

Carrots have a reputation for being "rabbit food," so a bunch of them may have been left in baskets last weekend.

Some variety of carrot has been grown for more than 2,000 years, but it was only about 300 years ago that the familiar brilliant orange, sweet carrot of today was developed.

As any weight-conscious person knows, crunchiness is a low-calorie way to satisfy a sweet tooth, especially as a between-meal snack. Carrots contain more natural sugar than any vegetable except for beets.

Carrots are one of the foods richest in the antioxidant beta-carotene which the body converts to vitamin A. For this reason,

carrots are reputed to improve eyesight, especially at night vision. Based on this belief, British night fighter pilots were issued a supply of carrots during World War II.

A carrot is a treasure chest full of nutritious benefits.

Registered dietitian Becky Blair is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

CARROTS IN ORANGE SAUCE

- 3 cups sliced carrots (about 1 1/4 lb.)
- 6 tbsp. frozen orange juice concentrate, thawed
- 1/4 tsp. or more orange rind

concentrate, thawed

1/4 tsp. or more orange rind

Wash, trim and peel carrots. Slice in 1/2-inch pieces.

In 1-quart casserole dish, combine carrots and 1/4 cup water. Cover. Microwave on high power 9 to 10 minutes or cook on conventional stovetop until tender-crisp when tested with fork. Let stand, covered, 2 minutes. Drain.

Return cooked carrots to casserole dish. Add orange juice concentrate and orange rind. Microwave on high power 1 to 2 minutes or heat through on stovetop.

Serve warm. Yields six (1/2-cup) servings; 80 calories, 1.5 g protein, no fat, 18 g carbohydrate.

Blue Ribbon Cook

Punch mingles fruity refreshment

Ann Terry, Florissant, is this week's winner of dinner certificates to the Pasta House Co. for Strawberry Punch.

Her sweet mixture is a fruity combination of strawberry, orange, lemon and pineapple flavors that sparkle at serving time when carbonated soda is added.

Recipes for the Green Vegetable Recipe Contest should be postmarked by April 30. Send an entry

using any type of green vegetable to: Green Vegetable Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

STRAWBERRY PUNCH

- 2 cups sugar
- 6 cups water
- 2 1/2 cups orange juice
- 1/2 cup lemon juice
- 4 cups pineapple juice
- 2 pkg. (10 oz. each) frozen strawberries
- 1 bottle (2 liters) lemon-lime carbonated soda
- Ice cubes

Boil sugar and water until-sugar is dissolved. Stir in orange, lemon and pineapple juice. Add strawberries. Stir until berries are thawed and well mixed. Chill until serving.

Ladle chili into 4 serving bowls, dividing equally. Unmold rice mixture in center of each serving of chili. Sprinkle with reserved bacon. Serve immediately. Makes 4 servings.

SOUTHWESTERN SUBS

- 1 pkg. Tex-Mex chili seasoning
- 1 1/2 cups mayonnaise
- 1/2 cup minced fresh cilantro
- 6 sandwich rolls
- 12 slices smoked turkey
- 12 slices cheddar or Monterey Jack cheese
- 2 tomatoes, sliced
- Lettuce leaves

In small bowl, blend chili seasoning, mayonnaise and cilantro until combined.

Refrigerate, covered, several hours.

Spread mayonnaise on rolls. Arrange turkey, cheese, tomatoes and lettuce on sandwiches. Make 6 sandwiches.

Note: This mayonnaise is excellent on grilled burgers or other sandwich combinations.

OPENING-DAY BURGERS

- 2 lb. ground chuck
- 1 lb. hot bulk pork sausage
- 2 tsp. lime juice
- 1 pkg. Cajun chili seasoning
- 2 tsp. olive oil
- 1 cup chopped green onion
- 2 cloves garlic, minced
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper

2 jalapeno peppers, minced

1 small zucchini, chopped

3/4 cup hot barbecue sauce

2 tsp. Worcestershire sauce

2 tsp. molasses

1 cup seeded, diced roma tomato

2 tsp. grated lime zest

12 Kaiser sandwich rolls or hamburger buns

Combine ground chuck, pork sausage, lime juice and chili seasoning. Blend well. Form into 12 patties. Grill or broil until fully cooked.

Heat oil in large skillet over medium-high heat. Sauté green onion, garlic, bell and jalapeno peppers and zucchini 3 to 4 minutes. Add barbecue sauce, Worcestershire sauce and molasses. Cook, stirring frequently, until liquid is nearly cooked away. Stir in tomato and lime zest. Serve burgers on buns. Top with vegetable mix-

ture. Makes 12 servings.

ALL-PRO CHILI DIP

- 1 can (15 oz.) cannellini (white kidney) beans, rinsed, drained
- 1 tsp. fresh lemon juice
- 2 tsp. plain yogurt
- 1 pkg. (1 oz.) chili seasoning
- 2 tsp. fresh parsley leaves
- 2 cloves garlic
- Salsa and sliced green onion, if desired
- Baked tortilla chips

In food processor, process beans, lemon juice, yogurt, chili seasoning, parsley and garlic until smooth. Cover. Refrigerate.

Garnish with salsa and green onion. Serve with chips. Makes about 2 cups dip.

Hot Hits

Continued from page 1C. Those who might like to enter this year's contest, with its \$1,000 top prize, can send a self-addressed, stamped, business-size envelope for recipes and rules to: Great Balls of Fire, Williams Foods Inc., P.O. Box 14067, Lenexa, Kan., 66225.

ALL-STAR CHILI

- 2 slices bacon
- 1 medium onion, chopped
- 1 medium bell pepper, chopped
- 1 pkg. Cajun chili seasoning
- 2 cans (14 1/2 oz. each) chicken broth
- 2 cans (16 oz. each) baked beans
- 1 can (14 oz.) stewed tomatoes
- 2 tsp. Worcestershire sauce

2 tsp. molasses

1 1/2 cups cooked rice

1/2 cup sliced almonds, lightly toasted

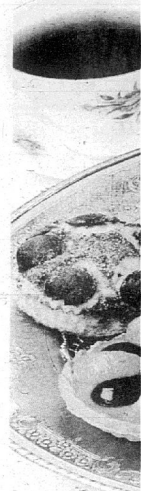
2 tsp. diced green onion

Over medium-high heat, cook bacon in Dutch oven until crisp. Drain on paper towels. Crumble and reserve.

Discard all but 1 tablespoon bacon drippings. Add onion and green pepper to drippings in pan. Cook, stirring frequently, about 5 minutes until vegetables are tender.

Add chili seasoning, chicken broth, undrained beans and tomatoes. Worcestershire sauce and molasses. Blend well. Reduce heat. Simmer 20 minutes, stirring occasionally.

Toss together rice, almonds and green onion. Pack about one-fourth mixture at a time into 1/2-cup measuring cup coated each time with nonstick vegeta-



Fruit Tarts with table set for tea.

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Fruit Tarts with Citrus Curd on a plate with Grape Tea Cakes provides sweets for a civilized table set for tea.

Revive spirit of ritual by pouring cup of tea

Food fads come and go, but many people long to return to a more traditional and leisurely style of eating. In an age when everyone is busy juggling schedules, an enjoyable time can be spent indulging in a gentle ritual from another time and place — afternoon tea.

Afternoon tea is a special way to host family or friends with a minimum of fuss. It can be a Sunday event or celebrate someone's birthday.

Much preparation can be done beforehand and foods placed for self-serving. No precision timing is needed. People can come and go as desired, but are apt to linger because the event is so enjoyable.

Huge sweet black grapes from South Africa, now in season, add unique flavor, color and texture to these tea sweets. Mini sandwiches can be served, too, for heartier fare. Use a variety of breads, pitas and rolls and shape bread with cookie cutters for added appeal.

Perfect tea is essential to the authenticity of afternoon tea. No tea bag is dipped in a mug of hot water here. Instead, warm a generous tea pot by swirling boiling water in it, then discarding it. Use a generous teaspoon of tea per person, plus one extra teaspoonful, or use one quality tea bag per person. Pour rapidly boiling water on top of the tea and let sit five minutes.

Tea always seems to taste better in a delicate tea cup and saucer. For a second cup, top the pot with

fresh boiling water. Add milk — never, ever cream — and sugar to taste.

FRUIT TARTS WITH CITRUS CURD

1/2 cup orange juice
1/4 cup fresh lemon juice
1 tsp. grated orange rind
1 tsp. grated lemon rind
3 egg yolks
1/4 cup sugar
1 tbs. cornstarch
3 tbs. butter, softened
12 (3 inch) tart shells, baked
1 1/2 cups prepared fresh fruits, such as halved seeded grapes, peeled kiwifruit slices, sliced strawberries, orange sections and raspberries
Fresh mint sprigs, if desired

In small saucepan, stir together orange and lemon juice and rind, egg yolks, sugar and cornstarch until smooth. Add butter. Over medium-low heat, cook and whisk about 5 minutes until mixture comes to full boil and thickens. Let cool slightly. Cover. Refrigerate up to 5 days.

Shortly before serving, spread citrus curd evenly in baked shells and arrange fresh fruits on top. Garnish with mint.

Makes 12 tarts.

1 cup flour
1/2 cup plus 2 tsp. sugar
1/2 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
1 egg
1/2 cup plain yogurt
1/4 cup oil or melted butter
1 tsp. vanilla
1 cup grapes, halved, seeded
1/2 tsp. cinnamon

Preheat oven to 350°.

Arrange eight (6-ounce) custard cups or ramekin dishes on baking sheet. Place paper muffin liners in each dish and press around sides and bottoms to fit shape of cups. Coat with nonstick cooking spray.

In mixing bowl, sift together flour, 1/2 cup sugar, baking powder, baking soda and salt.

In another bowl, whisk together egg, yogurt, oil and vanilla.

Stir into flour mixture just until combined.

Divide batter among cups. Spread evenly.

Arrange grapes cut-side down on top of batter.

Combine 2 teaspoons sugar and cinnamon.

Sprinkle over tops. Bake in preheated oven 22 to 25 minutes until toothpick inserted in center of cake comes out clean.

Let stand 5 minutes. Remove cakes from cups. Place on rack. Serve warm or at room temperature.

Makes 8 cakes.

GRAPE TEA CAKES

Recipe

ENCHILADA LASAGNA

1 lb. lean ground beef
1/2 tsp. pepper
1/4 tsp. salt

1/4 tsp. garlic powder
12 (6 or 8 inch) corn tortillas
1/2 cup chopped green onion (reserve some for garnish)
2 cups (8 oz.) shredded colby and Monterey Jack cheese
1 (15 oz.) can mild enchilada sauce
3/4 cup thinly sliced lettuce
1/4 cup sour cream, if desired

Preheat oven to 375°. Heat large nonstick saucepan over medium-high heat until hot.

Brown ground beef 5 to 7 minutes. Pour off drippings. Season meat with pepper, salt and garlic powder.

Cut 8 tortillas in half. In

8-inch square pan, arrange 4 tortilla halves with cut sides to edge of pan.

Place one whole tortilla in center. Repeat for second layer. Layer half the ground beef on top.

Add half the cheese, half the chopped onion and half the enchilada sauce. Repeat layers with remaining ingredients, saving cheese for top.

Bake in preheated oven 15 minutes. Let cool 10 minutes.

Sprinkle lettuce on top. Garnish with dollop of sour cream and green onion. Cut in squares.

Makes 4 to 6 servings.

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Today's Food

Wise Ways

Soluble fiber grabs water for healthy effect

By SUSAN L. GRAY

There are two main kinds of dietary fiber—soluble and insoluble. While the two serve different roles in a person's body, both are extremely important to a healthy body. Let's focus on soluble fiber.

Pectins and gums are water-soluble fibers, so they need plenty of water to do their work. They don't form bulk in the stool, like insoluble fiber.

When soluble fiber reaches the intestine, it becomes a gel-like substance, with the ability to bind cholesterol. Once the gel ties it up, the cholesterol cannot escape. It stays locked in the gel and leaves the body in the stool.

For many people, adding foods with soluble fiber to what they eat daily may decrease their cholesterol level.

Soluble fiber research shows promise that fiber also may keep blood sugar stabilized. This is great news for diabetes control.

Insoluble fiber, such as bran, speeds through the intestines, carrying the

stool along with it. Soluble fiber gel takes its time leaving the gut and seems to keep sugar from getting absorbed into the bloodstream as quickly.

Soluble fiber can be found in plenty of foods: vegetables, fruits, cooked dried beans, whole brown rice, oat bran, barley and psyllium.

In general, foods that contain fiber have both insoluble and soluble types. Nutrition analysis at the end of a recipe that includes "dietary fiber" does not distinguish between the types.

Soluble fiber is still so new to researchers that nobody has quite figured out how much we need. It's a good practice to get at least five servings of fresh vegetables and fruits daily and eat several servings of cooked dried beans each week.

This recipe adds fresh fruit to a family's meals in a delicious way.

Home economist Susan Gray is nutrition specialist for University Extension (University of Missouri system) in Jackson County.

MINI FRUIT PIZZA

- 4 (1/2-inch) slices refrigerated sugar cookie dough, or 4 large sugar cookies
- 1/2 cup low-fat cottage cheese, creamed in food processor
- 2 tsp. confectioner's sugar
- 1/4 tsp. vanilla
- 4 slices canned peaches, drained
- 2 small kiwifruit, peeled and thinly sliced
- 4 tsp. reduced-sugar apricot spread, melted

Preheat oven to 350°.

Press each cookie dough slice into 4-inch circle on baking sheet. Bake in preheated oven 10 minutes or until golden. Cool 1 minute on pan, then transfer to wire rack.

In bowl, combine cottage cheese, sugar and vanilla. Stir well. On each cookie, spread cheese mixture, then top with peaches and kiwifruit. Brush with apricot spread. Serve immediately.

Yields 4 servings; 161 calories, 4 g fat, 5 g protein, 23 g carbohydrate.

Recipe

FETTUCCINE WITH SPINACH SAUCE

- 3 tbsp. olive oil
- 1 medium onion, chopped
- 3 large cloves garlic, minced
- 1 tsp. flour
- 2 cups regular or evaporated milk (not low-fat or skim)
- 1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
- 1 cup ricotta cheese
- 1/2 cup grated parmesan cheese
- 10 sun-dried tomatoes packed in oil, drained, cut in thin strips
- 3 tsp. chopped fresh basil or 2 tsp. dried basil, crumbled
- 1/4 tsp. nutmeg
- 1 lb. uncooked fettuccine
- 1/2 cup minced green onion
- 1/2 cup toasted pine nuts
- Grated parmesan cheese

In heavy medium saucepan, heat oil over medium heat. Cook onion, stirring occasionally, about 4 minutes until translucent. Add garlic. Cook 1 minute. Stir in flour. Cook 1 minute.

Gradually whisk in milk. Cook and stir about 4 minutes until sauce is smooth and bubbling.

Mix in spinach, ricotta, 1/2 cup parmesan cheese, tomato, basil and nutmeg. Over medium-low heat, simmer about 3 minutes, stirring occasionally, until heated through.

Cook fettuccine according to package directions until just tender but still firm to bite. Drain.

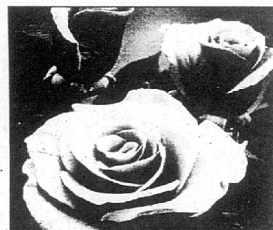
Transfer fettuccine to platter. Spoon sauce on top. Garnish with green onion

and pine nuts. Sprinkle with coarsely ground pepper. Serve immediately, passing more parmesan cheese on the side.

Makes 4 servings.

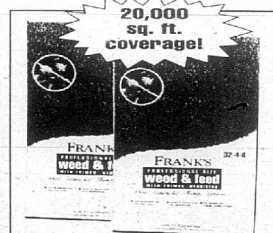
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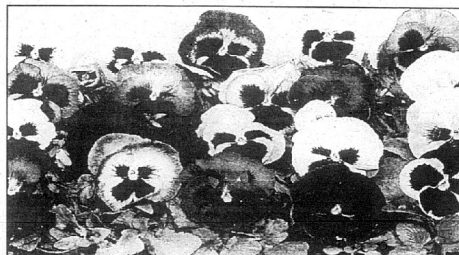
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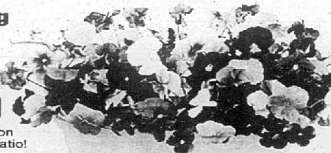


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Today's Food

Fresh starts credit 'A' to artichoke, asparagus

A recent survey found it takes a person an average of 20 minutes to eat an artichoke. Yet, artichokes have been popular for thousands of years. The secret to their longevity, and the reward for effort to eat them, must be the artichoke's unique, tender "meat."

Unusual in looks, artichokes are actually the large, unopened flower bud of an herb plant belonging

to the thistle family. Low in fat and calories and loaded with calcium, phosphorus and potassium, the vegetable is at its peak in early spring through May.

Look for plump, heavy, compact, globular artichokes with large, fleshy, fresh-looking leaf scales and good green color. Buds with browning, spreading scales, or any grayish discoloration — signs of aging

or mold growth — should be avoided. Store artichokes in a cool, humid place and use them in a few days.

Even though preparation is involved in cooking artichokes, it quickly becomes second nature.

Start by trimming off the stem so it rests firmly on its bottom in a pan. Cut an inch off the top and rub the cut with half a lemon to prevent discoloration. Pull off any small or coarse leaves at the base, and trim the sharp pointy tips

off the remaining leaves with kitchen shears or scissors.

Hold the trimmed artichoke inverted under cold running water until the pull out prickly leaves in the center. Using a small spoon, scrape out the hairy choke. Sprinkle the exposed artichoke bottom with a little lemon juice and press closed the cone of leaves.

Steam artichokes in a steamer or colander placed over simmering water 30 to 40 minutes, until the leaves pull off easily and the heart is tender when pricked with a knife. Serve them with a light vinaigrette or another low-fat dipping sauce.

An easy way to prepare artichokes is to remove all the leaves to form cup-shaped artichoke bottoms. Artichoke bottoms can be braised on their own or with other vegetables, then cut in pieces and added to salads, stews, rice dishes or pasta sauces.

Artichoke hearts are the best-known part of the vegetable. When a recipe like

this salad calls for them, prepare them fresh or use canned rinsed artichoke hearts.

For a free brochure with ways to feast on fruits and vegetables for lower cancer risk, write to: American Institute for Cancer Research, Department FF, Washington, D.C. 20069.

Registered dietitian Melanie Polk is director of nutrition education for the AICR in Washington.

ARTICHOKE HEART AND ASPARAGUS SALAD

Lettuce leaves
6 small artichokes
1 lb. fresh asparagus
1/2 cup shredded carrot
1/2 cup shredded red cabbage
1/2 cup buttermilk
1 cup fresh strawberries, sliced
2 tsp. honey
1/4 tsp. allspice

Trim artichoke stems so they stand upright.

Cut 1/4-inch off top. Stand artichokes in deep saucepan or pot with 3 inches boiling water.

Cover. Boil gently 25 to 30 minutes until petals near center pull out easily. Turn upside down to drain.

On 6 salad plates, arrange lettuce leaves. Halve artichokes lengthwise; remove and discard center petals and fuzzy centers.

Remove outer leaves of artichokes and reserve.

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More tips on

Composting

from the experts at

FRANK'S
NURSERY & CRAFTS

Where Beautiful Things Begin

Last Wednesday's column dealt with the benefits of composting. Today we'll tell you how to start and maintain an effective compost pile.

For starters, don't make a compost pile too big. Three feet by three feet is plenty. If the pile is much bigger than that, it won't generate enough heat to do any good, and all you'll have is a big pile of trash.

Here's how to start the pile. First, make an eight-to-ten-inch layer of plant material. Small pieces break down faster; shred bulky materials, especially twigs greater than a quarter-inch in diameter.

Moisten the material slightly. Next, spread a third of a cup of blood meal or granular plant food over the pile. A one-to-two-inch layer of cow manure can be used instead if you wish.

Cover everything with a one-inch layer of soil. Continue doing this until all year plant material is used up.

Before we get any further along, you may be thinking that all this isn't going to be the most pleasant-smelling thing in the world. And you're right, it won't be, at least if you neglect it. A properly maintained compost pile, one that's stirred regularly, doesn't give off an offensive odor. Only those that are neglected are the ones that nobody wants to get downwind from.

Another cause of a smelly compost pile is the use of too much quick-decomposing material like grass clippings. Using more chopped up leaves or straw to improve the mixture will help greatly. And remember, stir the pile once or twice a month.

The pile of compost should be kept moist. You don't have to go out and water it every day, but it shouldn't be allowed to dry up completely. Too much or too little moisture will hamper the decomposition process.

Many people cover their compost piles with a tarp, which offers protection from wind and rain.

Okay, now how does one know when the pile is ready to be used for a soil amendment? That's easy. When it no longer generates heat, it's ready to be used. And that usually takes six weeks to three months after the pile is started, depending on the material used and the air temperature. The cooler the outdoor temperature, the longer it will take the pile to break down.

Composting is a win-win situation. You'll gain a valuable (and inexpensive) soil amendment, and at the same time help to clean our environment and save precious landfill space. Why not make this the year to give it a try?

Sunday marks the beginning of Daylight Savings Time, and the longer days usually signal the start of the gardening season. We have some great tips in the offering, such as how to utilize decorative landscape edging to make your whole outdoor area look like it's been professionally done.







We'll also cover lawn seeding and sodding. Of course, the proper techniques on how to plant trees will also be discussed. So be sure to watch for our April tips. Gardening season is here!

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Maintaining A Healthy Compost Pile Is Easy With Tips From Frank's!

Watch Sunday's Journal for more tips from the experts at Frank's!

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FEELING FIT
By Mark Lymberopoulos
More bikers are wearing helmets. Thanks to peer pressure, a Johns Hopkins study found, if one cyclist — adult or child — wears a helmet, the others will.
Read the labels carefully. What the FDA now calls Daily Value is the old Recommended Daily Allowance. On the first four items listed — fats, cholesterol and sodium — try to stay below 100 percent a day.
A Canadian study found that an exercise and fitness program eased the headaches of migraine sufferers. Both the severity and frequency of the headaches went down.
Can you imagine coleslaw as health food? It is, if the dressing is low-fat. Cabbage is one of the super-antioxidant vegetables.
Stretch before and after your walk or workout. To ease tightness in the hamstrings, extend one leg comfortably in front, heel on the ground, then shift weight to the other leg and bend the knee, leaning forward from the hips, with back straight. Repeat on the other side.
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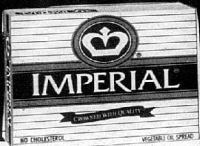
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Today's Food

Recipe

PRIMO PARTY PIZZAS

- 2 (6 inch) pita breads, split in half (not in pockets)
- 3 tbsp. olive oil
- 3/4 cup pasta sauce with mushrooms
- 1/4 cup sliced ripe olives
- 8 oz. mozzarella cheese, thinly sliced
- 2 tsp. oregano, crumbled
- 1/4 cup frozen chopped broccoli, thawed, blotted dry
- 1/4 cup frozen chopped onion, thawed, blotted dry
- Salt and freshly ground pepper to taste

Preheat oven to 400°. Place pita halves cut-side up on baking sheet. Brush

with 2 tablespoons oil. Bake in preheated oven 5 to 6 minutes until lightly browned and crisp. Evenly spread 2 to 3 tablespoons sauce onto each pita half. Place cheese on top. Sprinkle with olives and oregano. Bake pita pizzas 8 to 10

minutes until cheese is hot and bubbling. In skillet, heat remaining 1 tablespoon oil. Add chopped broccoli and onion.

Season with salt and pepper. Sauté 3 to 4 minutes. Carefully spoon hot vegetable mixture onto center of each pizza.

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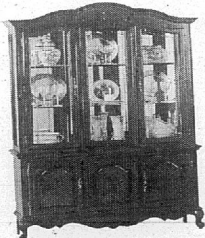
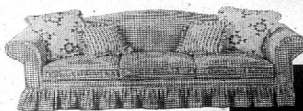
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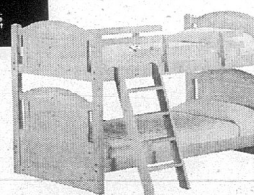
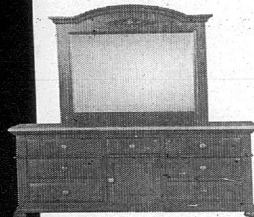


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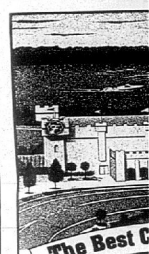
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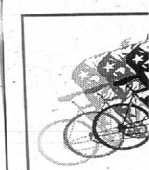
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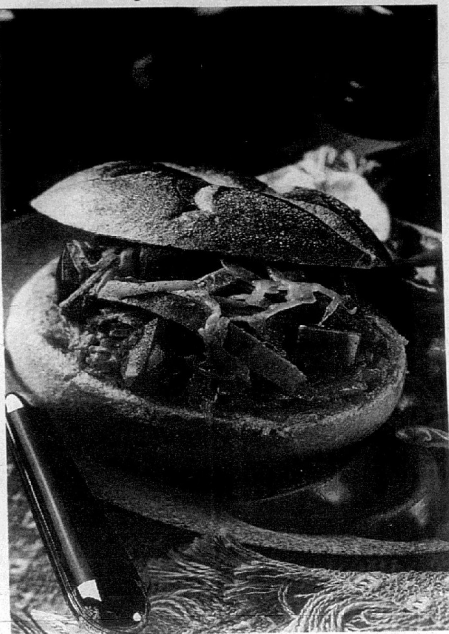
\$5,000 Cash Giveaway Every Night

Free Shows
The Grass Roots - April 12
Larry Dalton - April 18
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Billy Joe Royal - May 31

Fingerlands
CASINO/HOTEL/TUNICA
Play and Stay 10 Minutes South of Memphis

*Sunday thru Thursday Subject to availability, excluding suites and holidays. Advance reservations required.

Call Toll Free 1-888-766-5825



It's time to think about sandwiches more than soup, chow-chow more than chili.

COWBOY RICE AND BEANS

Heat large skillet coated with nonstick cooking spray over medium-high heat until

hot. Cook and stir 8 ounces fully-cooked smoked turkey sausage, sliced 1/2-inch thick, 3 to 5 minutes until lightly browned. Stir in 3 cups cooked rice, 1 can (about 16 ounces) ranch-style, chili-flavored or regular pinto beans, drained and rinsed, and 1/2 cup barbecue sauce. Cook and stir 2 to 3 minutes until thoroughly heated. Makes 3 to 4 servings.

Tomatoes relish time spent with sandwiches

Little things add up to magnificence. This is particularly true about sandwiches.

After not using back-yard produce for months, sometimes it is hard to remember how much a fresh tomato adds to a ham-and-cheese, a BLT or a turkey sandwich. Even winter tomatoes add fresh flavor that complements foods, and their juiciness perfectly moistens hearty bread.

A whole new generation of exciting, fashionable concoctions become today's popular solutions for satisfying, quick meals. For example, Baked Ham and Swiss Rolls hold chunks of fresh tomato, ham and Swiss cheese. Blended with creamy mustard and horseradish sauce, the filling is stuffed into a hollowed-out roll, then baked until hot.

In time for the current passion for wrapped foods comes Spicy Tomato and Bean Wraps. A combination of black beans mashed with tingling hot salsa and spices is tossed with fresh tomato and chicken, then wrapped in soft lettuce and flour tortillas. This sandwich is unique enough for a party, but can be a family favorite, too.

Tomatoes need a little TLC any time of year to make sandwiches the best they can be.

Tomatoes bought pink should be ripened at room temperature, away from bright sunlight or direct heat, until fully red and slightly softened. Refrigerating them ruins their flavor.

For other sandwich ideas using Florida tomatoes, send a self-addressed, stamped envelope to: Tomatoes, P.O. Box 140635, Orlando, Fla. 32814.

BAKED HAM AND SWISS ROLLS

- 2 large (1 lb.) fresh tomatoes
- 6 oz. sliced ham, cut in strips (about 1 1/2 cups)
- 1 1/2 cups (6 oz.) shredded Swiss cheese
- 3 tbsp. creamy mustard blend

- 1 tbsp. prepared horseradish
- 4 large hard round (Kaiser) rolls, cut in half

Use tomatoes held at room temperature until fully ripe. Core tomatoes and cut in large chunks. Preheat oven to 400°.

In medium bowl, combine ham, cheese, mustard blend and horseradish. Gently stir in tomato.

Remove inside from bottom portion of each roll, leaving shell 1/2- to 3/4-inch thick. Place on baking sheet. Fill each roll with about 1 cup tomato mixture. Top with upper portion of roll.

Bake in preheated oven about 15 minutes until heated through and cheese starts to melt. Yields 4 sandwiches.

SPICY TOMATO AND BEAN WRAPS

- 2 large (1 lb.) fresh tomatoes
- 1 can (15 oz.) black beans, rinsed, drained
- 1/2 cup hot salsa
- 2 tbsp. chopped fresh cilantro or parsley
- 1 tsp. ground cumin
- 1/4 tsp. salt
- 1 cup coarsely chopped, cooked chicken
- 4 (7 inches each) soft flour tortillas
- 4 large soft lettuce leaves, such as Boston, green or red leaf

Use tomatoes held at room temperature until fully ripe. Core tomatoes and cut in thin slices.

In medium bowl, place 1/2 cup black beans. Using fork, mash until almost smooth. Add salsa, cilantro, cumin and salt. Stir in remaining black beans and chicken.

On each tortilla, place lettuce leaf. Top with one-fourth of tomato slices in single layer. Down center, spoon about 1/2 cup bean mixture. Fold bottom of tortilla about one-fourth of way over filling. Fold in sides to enclose filling completely. If desired, secure with toothpicks. Yields 4 sandwiches.

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QUALITY MEATS
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451-5200 OR 451-5204
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WE ACCEPT VISA, MASTERCARD, FOOD STAMPS

GOOD 4-2 THRU 4-8-97

\$1.00 SALE	\$1.00 SALE
EXTRA LEAN LESS THAN 10% \$1.09 LB.	\$1.00 LB.
GROUND BEEF (IN 10# BAGS)	\$1.00 LB.
GRADE "A" FRESH FRYER BREASTS (10# LIMIT)	\$1.00 LB.
HOME MADE BULK SAUSAGE (10# LIMIT)	\$1.00 LB.
PORK CUTLETS OR BEEF CUBE STEAK	\$1.00 EACH
PORK OR BEEF MARINATED CHICKEN K-BOB'S\$1.25	\$1.00 EACH
K-BOB'S	\$1.00 EACH
USDA CHOICE LONDON BROIL	\$2.00 LB.
BEEF RIBS	\$1.00 LB.
1/4 LOIN PORK CHOPS	\$2.00 LB.
41# FREEZER SPECIAL Average \$1.58 Per Pound	LEAN, MEATY COUNTRY RIBS
5 lbs. QUARTER LOIN CHOPS	\$2.00 LB.
1 lbs. SIRLOIN STEAK	
5 lbs. BEEF ROAST (Arm or Chuck)	
10 lbs. GROUND BEEF (1/2 lb pks)	
4 lbs. PORK STEAK	
5 lbs. BULK or 3 lbs. LINK SAUSAGE (Pork, Garlic or Italian)	
2 lbs. BACON	
6 lbs. FRYERS (Cut Up)	



WIN GREAT PRIZES AS YOU FIGHT DIABETES IN THE 25TH ANNUAL Bike-A-Thon

American Diabetes Association


SATURDAY, MAY 10, 1997

FROM 8:30 a.m. to 4:00 p.m.

In-Line Skating at Forest Park

JOIN THE FUN AT 3 LOCATIONS Forest Park (with In-Line Skating) and Long-Distance Routes at Katy Trail and Great River Road.

HUNDREDS OF PRIZES to riders raising the most money to defeat diabetes.



GRAND PRIZE
5-day Orlando, Florida Vacation
courtesy of American Airlines and Hilton Inn Gateway.

OFFICIAL BIKE-A-THON T-SHIRT to riders returning \$50 or more. Free McDonald's hamburger or cheeseburger, orange drink and Diet Dr. Pepper to all riders.

TEAM CHALLENGE ride as a team for special prizes. Trophies for winning teams, oldest and youngest riders.

Get your Sponsor Sheet at any McDonald's
Or mail coupon or call (314) 647-2110.

Sponsored by

WTRS-550 AA

Six Flags NationsBank

Suburban Journals Diet Dr. Pepper

MAIL TO: American Diabetes Association
2650 S. Hanley Rd., Suite 350
St. Louis, MO 63144

☐ Count me in! Please send me Entry Forms for the Diabetes Bike-A-Thon to be held Saturday, May 10.

☐ I want to help! Enclosed is my tax-deductible check in the amount of \$_____ payable to the American Diabetes Association.

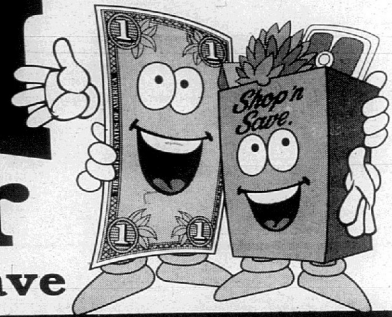
Name _____

Address _____

City _____ State _____ Zip _____

STRETCH Your Dollar

With Total Value From Shop 'n Save



BREAKFAST SOLUTIONS

14.8-OZ. RICE KRISPIE TREATS
OR 17.6-OZ. SMACKS
Kellogg's Cereal

2/\$4

ASSORTED VARIETIES
Florida's Natural
Juice.....

2/\$4



LITE OR FAC
Safari
Ground Coffee

549

26-OZ. CAN

ASSORTED VARIETIES
Uncle B's
Bagels.....

99¢



DINNER SOLUTIONS

ASSORTED VARIETIES
Jack's
Pizza

2/495

15-21 OZ. PKG.

SELECTED VARIETIES
Lean Cuisine
Entrees.....

3/495

7.5-10.5 OZ. PKG.

ASSORTED VARIETIES
Tina's
Burritos....

3/89

4.5-5 OZ. PKG.

FARM FRESH
Birdseye
Vegetables.....

99¢

15-OZ. BAG

ASSORTED FLAVORS
Edy's Grand
Ice Cream.....

2/595

HALF GALLON

ASSORTED VARIETIES
Ragu Spaghetti
Sauce

139

15-30 OZ. JAR

ASSORTED VARIETIES
Portella
Pasta.....

2/99

10-OZ. PKG.

BEF, CHEESE OR CHICKEN
PRECOOKED
Louisa
Ravioli.....

2/\$5

15-23 OZ. PKG.

Louisa
Meat Sauce.....

3/\$4

15-OZ. PKG.



LUNCH & SNACK SOLUTIONS

24-PACK, SPRITE
Coca-Cola Classic
or Diet Coke

488

24/12-OZ. CANS

HAMBURGER OR HOT DOG
Shop 'n Save
Buns.....

99¢

5-12 CT. PKG.

Shop 'n Save
Rye Bread.....

119

16-OZ. LOAF

ASSORTED VARIETIES
Dorito's
Tortilla Chips

2/495

12.5-14.5 OZ. PKG.



ILLINOIS STORES ONLY
Pepsi, Diet Pepsi
or Mountain Dew

588

24/12-OZ. CANS

SELECTED VARIETIES
WITH MEAT
Campbell's
Chunky Soup....

3/\$4

19-19.5 OZ. CAN

ASSORTED VARIETIES
Guy's
Potato Chips

2/295

14-OZ. BAG

HOME ESSENTIALS

ASSORTED VARIETIES
Plax
Mouth Rinse

199

16-OZ. BTL.

LITTLE BITES OR LAMB & RICE
Purina
Dog Chow

688

17.6-22 LB. BAG

ASSORTED VARIETIES
Cheer or Surf
Liquid.....

497

92-103 OZ. BTL.

SCENTED, GENTLE BREEZE
OR FREE
Bounce Fabric
Softener Sheets....

2/\$6

80-CT. PKG.

REGULAR OR W/BLEACH
LAUNDRY DETERGENT
Ultra Era
Liquid.....

599

200-OZ. PKG.

Purina T-Bonz
Dog Treats.....

189

10-OZ. PKG.

ASSORTED VARIETIES
Purina Beggin
Strips.....

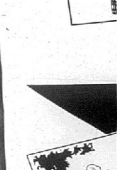
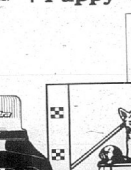
199

6-OZ. PKG.

REGULAR OR BEEF
Purina
Puppy Chow.....

688

17.6-OZ. BAG



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® The more you shop
the more you save. sm

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Good at Illinois
Stores Only.
Some items not
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OUR LOW S
REGULAR

Milwau

4

AFTER \$2.00 OFF MA

Budweise
Bud Light

GENUINE DRAFT
NEW MILLER OR
Miller Lit

Natural L
or Natura

High Life

Pabst.....

Coors
Light.....

Sho
Brin

✓ As p
responsi
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purchase
or tobacc
provide s
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Please
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Liquor Prices
Good at Illinois
Stores Only.
Some items not
available at all stores.

Shop'n Save Liquor Dept. VALUES!



OUR LOW SALE PRICE \$6.99
REGULAR, LIGHT, OR ICE
Milwaukee's Best

4 99
24/12-OZ. CANS

AFTER \$2.00 OFF MAIL-IN REBATE AVAILABLE IN-STORE



OUR LOW SALE PRICE \$10.99
**Seagram's
Gin**

9 99
1.75-LTR. BTL.

AFTER \$1.00 OFF INSTANT COUPON

Shop'n Save Health & Beauty VALUES!



**Suave Shampoo
or Conditioner**

89¢
11-15
OZ. BTL.



OUR LOW SALE PRICE \$1.99
1.7-OZ. CLEAR, 2.75-OZ. SOLID OR
**Ban Roll-on
Antiperspirant**

99¢
1.5-OZ.
PKG.

AFTER \$1.00 OFF COUPON AVAILABLE IN-STORE

**Budweiser or
Bud Light..... 12 97**
24/12-OZ. CANS

GENUINE DRAFT,
NEW MILLER OR
Miller Lite..... 6 79
12-N/R BTL.

**Natural Light
or Natural Ice..... 4 27**
12/12-OZ. CANS

High Life..... 10 49
30/12-OZ. CANS

Pabst..... 6 99
24/12-OZ. CANS

**Coors
Light..... 11 47**
30/12-OZ. CANS

Heineken..... 8 99
12-N/R BTL.

REGULAR, ICE OR
**Keystone
Light..... 6 99**
24/12-OZ. CANS

SELECTED VARIETIES
**Paul Masson
White Zinfandel... 2/\$5**
1-LTR. CARAFES

OUR LOW SALE PRICE \$12.99
**Seagram's
7-Crown..... 11 99**
1.75-LTR. BTL.

AFTER \$1.00 OFF INSTANT COUPON
**Kamchatka
Vodka..... 7 99**
1.75-LTR. BTL.

EXCEPT HOT DAMN 100 PROOF
**DeKuyper
Schnapps..... 5 99**
750-ML. BTL.

**Jack
Daniels..... 10 99**
750-ML. BTL.

**Malibu
Rum..... 9 49**
750-ML. BTL.

**Bacardi
Breezers..... 2 89**
4-PACK

**Corbett Canyon
White Zinfandel... 2/\$5**
750-ML. BTL.

NEXXUS, PAUL MITCHELL OR MATRIX
CONDITIONER
**Reflections
Shampoo..... 1 49**
16-OZ. PKG.

1-DOSE TABLETS
**Tagamet
HB 200..... 1 99**
6-CT. PKG.

EXCEPT GUM CARE
OR WHITENING
**Aquafresh
Toothpaste..... 99¢**
5-8.4
OZ. PKG.

SOFT, MEDIUM OR KIDS
**Aquafresh
Toothbrush..... 99¢**

MAXIMUM STRENGTH
**Cortaid
Cream..... 1 99**
5-OZ. PKG.

MENS, WOMENS OR SENSITIVE
DISPOSABLE RAZORS
**Schick
Slim Twin..... 1 79**
5-CT. PKG.

Shop'n Save Bringing Home Family Values!

As part of our community
responsibility, anyone under
the age of 30 intending to
purchase alcoholic beverages
or tobacco products must
provide specific photo I.D.
that includes birth date.
**Please-Be Responsible
Don't Drink & Drive**

Photo Processing

Easter Special!

ANY SIZE ROLL
DOUBLE PRINTS

2 99
Up to 24-exp.
3 1/2 inch prints



Lawn & Garden

Not all items available at all stores

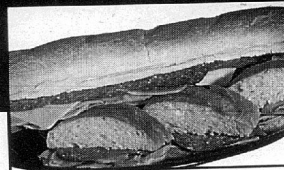
**VITA-HUME
Organic Peat Moss
or Top Soil**

99¢
40-LB.
BAG



04022C

Bakery, Seafood & Deli Dept. VALUES!



**Whole Submarine
Sandwich**

2 99
EACH



ALL VARIETIES
**Fresh Baked
Bagels**

2 99
12-CT. PKG.

**Patrick Cudahy
Boiled Ham..... 2 99**
lb.

**Macaroni Salad
or Cole Slaw..... 99¢**
lb.

FARM FRESH
**Catfish
Fillets..... 3 89**
lb.

**Twin French
Bread..... 99¢**
16-OZ.
PKG.

**Chocolate Chip
Cookies..... 3 99**
24-CT. PKG.

**Whole
Whiting..... 1 29**
lb.

**Play
Sand..... 1 99**
50-LB. BAG



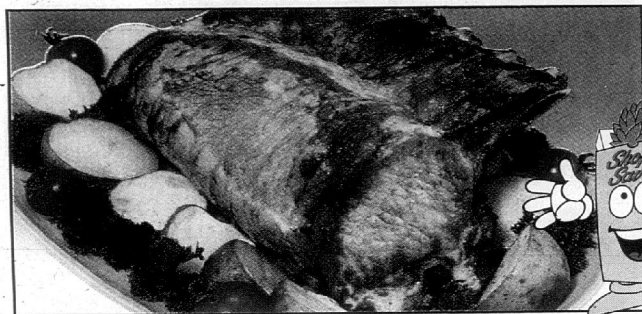
**Pine Bark
Mulch..... 4/\$10**
2-CUBIC
FEET

**Vita Hume
Potting Soil..... 1 99**
40-LB. BAG

**Marble
Chips..... 2 99**
5-CUBIC
FEET

**Cypress
Mulch..... 4/\$10**
2-CUBIC
FEET

TOTAL VALUE



RIB END OR LOIN END
Pork Loin Roast

159
lb.



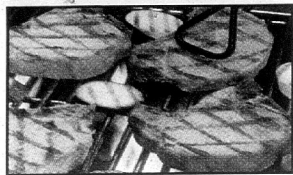
HUDSON ALL NATURAL
Chicken Thighs
or Drumsticks

79¢
lb.
JUMBO
PACK

+ Eckrich Smoked Sausage..... **1.99**
1-LB. PKG.

Hygrade Hot Dogs..... **99¢**
1-LB. PKG.

EXTRA VALUE
Holtz Beef Patties..... **4.39**
5-LB. BOX



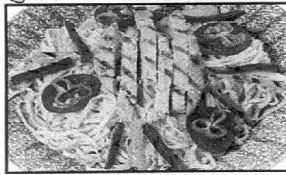
FAMILY PACK
Center Cut
Rib Pork Chops

2.59
lb.

Shop 'n Save
Pork Sausage..... **1.79**
1-LB. ROLL

REG. OR SKINLESS
Banquet Fried Chicken..... **2.99**
19-25 OZ. PKG.

REG., THICK OR LOW SALT
Oscar Mayer Bacon..... **2.69**
1-LB. PKG.



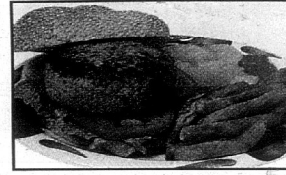
HUDSON ALL NATURAL
Boneless Chicken
Breast Tenderloins

2.59
lb.

Oscar Mayer Hot Dogs..... **2/\$3**
1-LB. PKG.

GOLDEN BROWN
Jones Sausage Patties..... **99¢**
8-OZ. PKG.

FLAVORED GRILLED
Mrs. Paul's Fish Fillets..... **2/\$4**
7.4-OZ. PKG.



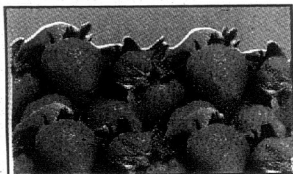
Jennie-O
Ground Turkey

89¢
1-LB. ROLL

PEPPERONI, SAUSAGE
OR DELUXE
Mama Rosa Pizza..... **2.439**
22-OZ. PKG.

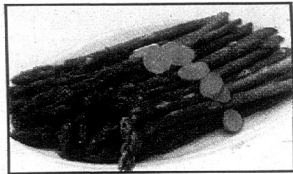
ALL VARIETIES
Eckrich Lunchmakers.... **1.09**
3-OZ. PKG.

Farmland Sliced Bacon.... **2.19**
1-LB. PKG.



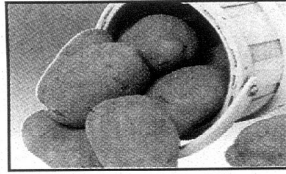
RED RIPE
California
Strawberries

4.78
HALF FLAT



FRESH
Tender
Asparagus

1.58
lb.



U.S. NO. 1
Baker
Potatoes

28¢
lb.

SWEET-RIPE
Honeydew Melons..... **1.68**
EACH

Florida Juice
Oranges..... **1.98**
5-LB. PKG.

WASHINGTON STATE
Fuji Apples..... **1.68**
3-LB. PKG.

FLORIDA
Sweet Yellow Corn..... **1.98**
5-PACK

Dole Complete
Salad Blends..... **1.88**
8-10 OZ. PKG.

*The Finest Quality
& Selection*

MANN'S
Broccoli Wokly Stir Fry..... **1.98**
1-LB. BAG

Sunkist Fruit Roll-Ups..... **3/88**
5-OZ. PKG.

MICROWAVE
Ozark Popcorn..... **3/\$1**
3-OZ. PKG.



Try These
Exotic Varieties!
NOT AVAILABLE AT ALL STORES

FRESH Daikon **98¢**
lb.

Alfalfa Sprouts... **68¢**
1-LB. BAG

TRAVERSE BAY DRIED CHERRIES OR
Cherry Berry..... **1.98**
1-LB. BAG

FRESH PORTABELLA
Mushroom Caps... **2.38**
1-LB. PKG.

MELISSA
Papaya Slices... **1.98**
1-LB. PKG.

MELISSA
Pinenuts **2.28**
5-OZ. PKG.



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the more you save. SM

S	M	T	W	T	F	S
			2	3	4	5

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SECRETARIAL POSITION AVAILABLE. A Full Time Position. Part Time Position. Skills & Light Typing. Salary \$10.00 per hour. Call 1-800-332-0400.

SECRETARIES
The May Department Stores Company is seeking for secretarial positions for the following locations:
• Excellent PC skills using Microsoft Word or Word Perfect 5.1 and Lotus 1.23
• 1-2 years of secretarial experience
• May offers an excellent salary and benefits package including: medical, dental, vision, life, and profit sharing. Qualified candidates please send your resume to:
The May Department Stores Company
Human Resources
1000 North Dearborn
St. Louis, MO 63101

SECRETARY/LEGAL
Immediate openings with a Downtown St. Louis law firm for Secretary with minimum of one year legal experience. Working knowledge of Word-Perfect Windows and good secretarial skills required. 35 hours week. Excellent benefits. 314-217-7755.

SECURITY GUARDS
Interviewing for immediate openings as Security Guards on Wednesday, April 2, 9am-1pm at the Temple Baptist Church, 714 McCormick Avenue, Madison, Illinois. Must be over 21. No felony convictions. No experience required. Full and part time positions. Evening and night shifts available. Referrals welcome.
Equal Opportunity Employer

SERVICE TECHNICIAN
Accepting applications for full or part time
• Gas Engine Technicians
• Refrigeration Technicians
• HVAC Technicians
Jobs available in Belleville, St. Ann and Fenton.
Top benefits. Pay based on experience. Apply in person, Tuesday thru Friday, 9am - 3:30 PM.
SEARS, 1800 Bowles Avenue, Fenton, MO.
Equal opportunity employer only

TECHNICIAN
Learn to make dental crowns and veneers. Must be a high school graduate. Good manual dexterity. Career oriented. Full time, benefits. 314-887-7775.

TECHNICAL TRAINING
TELEMARKETER. EXPERIENCED ONLY. \$15,000.00. \$25,000.00. \$35,000.00. \$45,000.00. \$55,000.00. \$65,000.00. \$75,000.00. \$85,000.00. \$95,000.00. \$105,000.00. \$115,000.00. \$125,000.00. \$135,000.00. \$145,000.00. \$155,000.00. \$165,000.00. \$175,000.00. \$185,000.00. \$195,000.00. \$205,000.00. \$215,000.00. \$225,000.00. \$235,000.00. \$245,000.00. \$255,000.00. \$265,000.00. \$275,000.00. \$285,000.00. \$295,000.00. \$305,000.00. \$315,000.00. \$325,000.00. \$335,000.00. \$345,000.00. \$355,000.00. \$365,000.00. \$375,000.00. \$385,000.00. \$395,000.00. \$405,000.00. \$415,000.00. \$425,000.00. \$435,000.00. \$445,000.00. \$455,000.00. \$465,000.00. \$475,000.00. \$485,000.00. \$495,000.00. \$505,000.00. \$515,000.00. \$525,000.00. \$535,000.00. \$545,000.00. \$555,000.00. \$565,000.00. \$575,000.00. \$585,000.00. \$595,000.00. \$605,000.00. \$615,000.00. \$625,000.00. \$635,000.00. \$645,000.00. \$655,000.00. \$665,000.00. \$675,000.00. \$685,000.00. \$695,000.00. \$705,000.00. 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